

# SCC Counseling Services: How We Help

SCC Counseling faculty support students to be as successful as possible in the classroom and in life.

Direct Care	Workshop and Classes
<ul style="list-style-type: none"> <li>· Focus on holistic wellbeing</li> <li>· Non-cognitive skills development**</li> <li>· Present and future decision-making</li> <li>· Mentoring, coaching, guidance</li> <li>· Goal setting and time management</li> <li>· <a href="#">Career counseling</a></li> <li>· Academic counseling</li> <li>· <a href="#">Purpose coaching</a></li> <li>· <a href="#">Crisis response</a></li> </ul> <p>**Non-cognitive skills are related to motivation, integrity, and interpersonal interaction. Examples include: emotional intelligence, self-efficacy, mindset, resiliency, and verbal and non-verbal communication skills.</p>	<p>Visit our website for an up-to-date list of all our current <a href="#">workshops</a> and <a href="#">classes</a>.</p>
	Community Referrals
Basic Needs Support	
<p>We can connect you to resources for:</p> <ul style="list-style-type: none"> <li>· <a href="#">Food insecurity/Hunger</a></li> <li>· <a href="#">Homelessness/Housing insecurity</a></li> <li>· Emergency grants</li> <li>· Department of Economic Security (DES)</li> </ul>	

Counseling Services: SC108

480-423-6524

[counseling@scottsdalecc.edu](mailto:counseling@scottsdalecc.edu)

[www.scottsdalecc.edu/students/counseling](http://www.scottsdalecc.edu/students/counseling)

If you are experiencing a mental health crisis, contact **Salt River Crisis Intervention Team (480) 850-9230** (call first if you are a Salt River Pima Maricopa Indian Community Member) or **EMPACT Crisis Line (480) 784-1500**.

**Crisis lines are available 24/7.**