



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

SCC Counseling Services: How We Help

<p>DIRECT CARE</p> <ul style="list-style-type: none"> • Focus on holistic wellbeing • Non-cognitive skills development** • Present and future decision-making • Mentoring, coaching, guidance • Goal setting and time management • Career counseling • Academic counseling • Purpose coaching • Crisis response <p><i>**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.</i></p>	<p>WORKSHOP AND CLASSES</p> <p>Visit our website for an up-to-date list of all our current workshops and classes.</p>
<p>BASIC NEEDS SUPPORT</p> <p>We can connect you to resources for:</p> <ul style="list-style-type: none"> • Food insecurity/Hunger • Homelessness/Housing insecurity • Emergency grants • Department of Economic Security (DES) 	<p>COMMUNITY REFERRALS</p> <p>Counseling faculty do not practice as mental health clinicians; therefore, you may be referred to one of the following community resources:</p> <ul style="list-style-type: none"> • Psychotherapy • Long-term therapy • Clinical mental healthcare • Diagnosis and treatment plans • Resolution of significant past traumas • Specialized care (PTSD, addiction, family therapy, etc.) • Medication • Ongoing crisis and trauma care

Counseling Services:
 SC108 | 480-423-6524 | counseling@scottsdalecc.edu
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.