



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

SCC Counseling Services: How We Help

DIRECT CARE

- 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](#)

***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.*

BASIC NEEDS SUPPORT

- We can connect you to resources for:
- [Food insecurity/Hunger](#)
 - [Homelessness/Housing insecurity](#)
 - Emergency grants
 - Department of Economic Security (DES)

WORKSHOP AND CLASSES

Visit our website for an up-to-date list of all our current [workshops](#) and [classes](#).

COMMUNITY REFERRALS

Counseling faculty do not practice as mental health clinicians; therefore, you may be referred to one of the following community resources:

- 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 or are having thoughts of suicide, call/text 988 or 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.

HOURS:

Fall & Spring	Summer
Mon - Thurs: 9-4	Mon - Thur: 9-5
Friday: 10-4	Friday: Closed



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