



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

Teaching and coaching on the following topics:

- Holistic wellbeing
- Positive Psychology practices
- Motivation, grit and mindset
- Self-efficacy and advocacy
- Goal setting and time management
- Problem solving and decision-making
- [Career/FOI exploration](#) and [purpose coaching](#)
- Research based study habits
- Stress management, anxiety reduction and mindfulness techniques
- Resiliency and self-care
- [Crisis response](#)

BASIC NEEDS SUPPORT

We can connect you to resources for:

- [Food insecurity/Hunger](#)
- [Homelessness/Housing insecurity](#)
- Funds for unforeseen emergencies
- Department of Economic Security (DES)

WORKSHOPS 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

All services FREE to SCC students



Counseling Services:

LIB465 | 480-423-6524 | counseling@scottsdalecc.edu
bit.ly/scc-help

HOURS:

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

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.



**SCOTTSDALE
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District.

The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit www.maricopa.edu/non-discrimination.