

SCC Counseling Services: How We Help

Counseling faculty are here to support you with a caring, well-rounded approach that helps you thrive both academically and personally.



DIRECT CARE	COMMUNITY REFERRALS
<p>Teaching and coaching on the following topics:</p> <ul style="list-style-type: none"> • 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 • Study practices informed by academic research • Stress management and anxiety reduction • Mindfulness techniques • Resiliency and self-care • Crisis response 	<p>We can connect you to resources for:</p> <ul style="list-style-type: none"> • Food insecurity/Hunger • Homelessness/Housing insecurity • Funds for unforeseen emergencies • Department of Economic Security (DES) • Mental health care
	<h3>WORKSHOPS AND CLASSES</h3> <p>Visit our website for an up-to-date list of all our current workshops and classes.</p>



Counseling faculty do not practice as mental health clinicians; therefore you may be referred to community resources as needed.

Community resources for mental health care may charge for services.

COUNSELING SERVICES

LIB-465 | 480.423.6524 | counseling@scottsdalecc.edu

HOURS:

Fall & Spring | Mon - Thurs: 9:00 AM - 4:00 PM, Friday: 10:00 AM - 4:00 PM

Summer | Mon - Thurs: 9:00 AM - 5:00 PM, Friday: Closed



bit.ly/scc-help

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

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