

# 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"> <li>• Holistic wellbeing</li> <li>• Positive Psychology practices</li> <li>• Motivation, grit and mindset</li> <li>• Self-efficacy and advocacy</li> <li>• Goal setting and time management</li> <li>• Problem solving and decision-making</li> <li>• <a href="#">Career/FOI exploration</a> and <a href="#">purpose coaching</a></li> <li>• Evidence-based study practices</li> <li>• Stress management and anxiety reduction</li> <li>• Mindfulness techniques</li> <li>• Resiliency and self-care</li> <li>• <a href="#">Crisis response</a></li> </ul>	<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>• Funds for unforeseen emergencies</li> <li>• Department of Economic Security (DES)</li> <li>• <a href="#">Mental health care</a> (fees may apply)</li> </ul>
	<h3>WORKSHOPS AND CLASSES</h3> <p>Visit our website for an up-to-date list of all our current <a href="#">workshops</a> and <a href="#">classes</a>.</p>



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

## COUNSELING SERVICES

LIB-465 | 480.423.6524 | [counseling@scottsdalecc.edu](mailto: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](https://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.



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A MARICOPA COMMUNITY COLLEGE

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