



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
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.



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