



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

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