

## Questions & Answers

*Question:* “Aren’t most people who seek counseling ‘sick’ or ‘crazy’?”

*Answer:* Most students who come to Student Counseling Services are seeking personal growth and are responding to changes in their lives. For those students with severe problems, they are also encouraged to seek Student Counseling Services as a resource for support with their distress.

*Question:* “What kinds of problems do students have?”

*Answer:* To name just a few: shyness, relationship concerns, depression, dating and sexual concerns, parental pressures, academic and study problems, tension, eating disorders, loneliness, test anxiety and general worries or feelings of inferiority.

Feel free to call to speak to one of our counselors to learn about options for support. There is no commitment, but simply a chance to learn more.

Engemann Student Health Center  
1031 W. 34th St., Suite 304

213/ 740-7711

HOURS:  
Monday – Friday  
8:30 a.m. – 5:00 p.m.

Services are covered by  
the Student Health and Counseling  
Services Fee.

All personal information discussed in  
counseling is kept confidential.

06/2013

# *Student Counseling Services*

Engemann Student  
Health Center

A  
Division of  
Student Affairs

## PURPOSE

Student Counseling Services (SCS) is a caring group of professionals, committed to helping USC students overcome obstacles and realize their academic, professional, and personal goals. Services are provided to help enhance students' skills and attitudes in adapting to college life, creatively handle stresses and challenges, relate to new and different people, and make their USC experience satisfying and productive.

## STAFF

The professional staff of the Student Counseling Services is an ethnically and educationally diverse group which includes psychologists, social workers, a marriage and family therapist, and staff psychiatrists.

They are highly trained and experienced in helping students to successfully cope with a variety of issues and concerns that are common during their college experience. Additionally, advanced graduate interns in clinical and counseling psychology and social work provide a variety of services to students.

## SERVICES

### *Individual Counseling*

The first step is to call SCS at (213) 740-7711 to schedule a 15 minute phone appointment. This initial screening will provide an opportunity for you to share your concerns and have a counselor connect you with the most appropriate resources (short-term or open-ended therapy; a community referral; medication consultation; crisis assessment, etc). In addition to individual therapy, students may inquire about *Couple's* therapy.

### *Group Counseling*

Each semester SCS provides several therapy, support, and skill-building groups to support student mental health and well-being. Some of the groups provided at SCS have been Anxiety Toolkit, Bipolar Disorder Support, Peace with Food, Living with Loss, Relationships, and Mindfulness Meditation. You may request to leave a message at SCS with the groups co-leader, or the counselor you speak with may offer suggestions.

### *Crisis and After Hours Services*

During normal business hours, Monday through Friday 8:30a–5:00p, students may call or simply come to the center at Engemann Student Health Center, Suite 304. You may visit the website for information on how to identify if you are in crisis.

For after-hours emergencies, please call the center at 213/740-7711 and listen to the instructions to be connected to the after-hours Nurse.

### *Outreach*

We offer educational programming for student organizations, residence halls, fraternities and sororities, and academic departments on a number of topics, such as adjusting to college, conflict resolution, crisis intervention, body image, and stress management. We can also facilitate debriefings following a campus tragedy. To request an outreach program, please complete the on-line request located on our website.

### *Consultation*

We provide individual consultations for students, faculty, staff, parents, RAs, or GHAs regarding difficult mental health situations with students. For consultations or a crisis debriefing, please call with your request to the receptionist for further assistance.