

## Snow College Mental Health Counseling and Wellness Center

The Snow College Mental Health Counseling and Wellness Center offers brief counseling services to currently enrolled students seeking support for a range of personal, social, and academic concerns. Our counseling services are designed to help students manage and resolve difficulties that may be interfering with their overall well-being, academic success, and personal growth.

The scope of our brief counseling services includes:

**Individual counseling sessions:** Our licensed mental health professionals provide confidential and compassionate counseling to students facing a wide range of issues, such as stress, anxiety, depression, grief, relationship concerns, and academic challenges.

**Group counseling sessions:** We offer various groups counseling sessions throughout the year, which provide a supportive and safe environment for students to connect with peers who are facing similar challenges, learn coping strategies, and develop skills to enhance their well-being.

**Referral services:** If a student requires specialized services beyond the scope of our brief counseling services, we provide referrals to community resources and other healthcare providers.

Our brief counseling services are available to all currently enrolled students at Snow College. We are committed to providing a safe, welcoming, and inclusive environment that respects students' diverse backgrounds, experiences, and identities. We strive to empower students to achieve their academic and personal goals by promoting mental health and well-being.

**Educational workshops:** We offer educational workshops and presentations on topics related to mental health and wellness to promote awareness and reduce stigma. These workshops cover a variety of topics, such as stress management, mindfulness, healthy food choices and self-care.

**Outreach and consultation:** We collaborate with faculty, staff, and other campus organizations to provide outreach and consultation services. We offer support and resources to help them address mental health concerns among students and promote a healthy campus environment.

### **TimelyCare ([timelycare.com/snow](https://www.timelycare.com/snow))**

Snow College provides virtual mental health therapy and health and wellness coaching services through TimelyCare to students currently enrolled in at least 10 credits.

The scope of service through TimelyCare includes:

**Scheduled Counseling:** We offer up to 8 individual mental health therapy counseling sessions a school year to address a wide range of mental health issues such as anxiety, depression, stress, relationship problems, and adjustment difficulties. TimelyCare licensed therapists are trained to provide evidence-based treatments and use a client-centered approach to help students achieve their therapy goals.

Virtual therapy is provided through TimelyCare, a secure and confidential online platform.

Crisis intervention through TimelyCare TalkNow: We provide immediate support to students who are experiencing acute distress or are in crisis situations. TalkNow crisis intervention services are available 24/7 and include risk assessment, safety planning, and referral to appropriate resources such as emergency services or hospitalization if needed. Our crisis intervention services are also provided through TimelyCare.

Health and Wellness coaching: TimelyCare offers health and wellness coaching to help students achieve their physical and mental health goals. TimelyCare health coaches work with students to develop personalized plans to improve their nutrition, exercise, sleep, and stress management. TimelyCare health and wellness coaching services are also provided through TimelyCare.

Referral services: If a student needs specialized care beyond our scope of practice, we will provide them with appropriate referrals to community resources and mental health professionals.

Virtual mental health therapy and health and wellness coaching services are accessible to all enrolled college students, regardless of their location or schedule. We use TimelyCare, a secure and confidential online platform, to provide our services, and students can schedule appointments through our website or by calling our office. Our goal is to provide timely and effective intervention to help students manage mental health concerns, achieve their health and wellness goals, and access appropriate resources.

Services we do not provide:

- Emotional Support Animal Documentation
- Psychiatry
- Medication Prescription and Management
- Testing
- Long-term Care

**Vision:** To create a safe and supportive environment that empowers Snow College students to take ownership of their mental health and overall wellbeing.

**Mission:** We strive to provide brief, quality, accessible, and holistic counseling services to the Snow College community through evidence-based practices, compassionate care, and collaboration with local resources. We are committed to creating an inclusive atmosphere where all students feel confident in their self-care journey.