

## **Navigating Services on Campus**

Below are some possible next steps on seeking help at the level of need based on your responses to the CCAPS-screening. If you would like to schedule a 30-minute consultation with a counselor in Student Counseling Services, please bring your screening results, so we can have an informed consultation.

To schedule a consultation or a counseling appointment email [studentcounselingservices@augustana.edu](mailto:studentcounselingservices@augustana.edu) or [cherimizaur@augustana.edu](mailto:cherimizaur@augustana.edu) or call 309-794-7357.

### **Thoughts of ending life:**

Tell someone immediately and reach out to a CA, a staff member, or the counseling office.

There are also several self-help resources for dealing with suicide ideation, an attempt, or a peer who is suicidal on the [postvention](#) webpage.

### **Emergency Lines:**

Campus Security: 309-794-7711

Emergency Services: 911

Crisis Line: 309-779-2999

Crisis Text Line: Text NAMI to 741-741

Suicide Hotline: 800-999-9999

### **On-Campus Resources:**

Counseling Services: 309-794-7357 or [studentcounselingservices@augustana.edu](mailto:studentcounselingservices@augustana.edu)

Director of Student Well-Being and Resiliency: 309-794-2684 or [farrahroberts@augustana.edu](mailto:farrahroberts@augustana.edu)

Campus Ministries: [conniehuntley@augustana.edu](mailto:conniehuntley@augustana.edu) or [richardpriggie@augustana.edu](mailto:richardpriggie@augustana.edu)

Learning Commons: [learningcommons@augustana.edu](mailto:learningcommons@augustana.edu)

Health Services: [Student Health Care](#)

Dean of Students Office: 309-794-7533 or [deanofstudentoffice@augustana.edu](mailto:deanofstudentoffice@augustana.edu)

Residential Life: 309-794-2686 or [residentiallife@augustana.edu](mailto:residentiallife@augustana.edu)

Office of Student Inclusion and Diversity: [OSID](#)

Office of International Student Life and Scholar Services: [OISLSS](#)

CORE: [Handshake](#)

## Depression:

### *Moderate:*

- Attend a well-being workshop:
  - Cultivating Happiness
  - Resilience 101
  - Getting Unstuck
  - Grief and Loss
  - Practicing Gratitude
  - Assertiveness Training
- Attend a peer support group on campus (NAMI).
- Explore [self-help](#) materials on depression, self-compassion, or grief and loss.
- Engage online programs [Moodgym](#) or [E-couch](#).
- Track your mood, thoughts, and experiences throughout the week in a private journal.
- Explore different [groups and activities](#) on campus to foster social connections.
- Develop a plan to increase [health and wellness](#) through exercise and nutrition.
- Attend community [support groups](#) on depression or related stressor.
- Raise awareness of mental health on campus (Active Minds and Gray Matters).
- Schedule a therapeutic consultation with counseling services.
- Email [campus ministries](#) to explore faith, service, or renewed purpose.
- Attend a six-week group therapy session on campus.

### *Elevated:*

- Schedule an appointment with counseling services on campus.
- Arrange for a [psychological evaluation](#) to rule out mental health disorders.
- Explore [referral options](#) for a depression specialist.
- Attend long-term group therapy sessions on campus.

## Generalized Anxiety:

### *Moderate:*

- Attend a well-being workshop:
  - Anxiety Tool Kit
  - Mindfulness
- Attend a peer support group on campus (NAMI).
- Raise awareness of mental health on campus (Active Minds and Gray Matters).
- Track your anxiety by journaling the thoughts and experiences that trigger anxiety.
- Explore [self-help](#) on anxiety disorders and stress-management and relaxation.
- Develop a plan to increase [health and wellness](#) through exercise or nutrition.
- Explore mindfulness and meditation section of [apps and techniques](#).

- Engage online programs [Moodgym](#) or [E-couch](#).
- Attend community [support groups](#) on anxiety.
- Schedule a therapeutic consultation with counseling services.
- Email [campus ministries](#) to explore faith, service, or renewed purpose.
- Attend a six-week group therapy session on campus.

#### *Elevated:*

- Schedule an appointment with counseling services on campus.
- Attend a long-term group therapy session on campus.
- Arrange for a [psychological evaluation](#) to rule out mental health disorders.
- Explore [referral options](#) for an anxiety specialist.

### **Social Anxiety:**

#### *Moderate:*

- Attend a well-being workshop:
  - Assertiveness Training
  - B.R.I.D.G.E. (Building Relationship Intimacy and Dialogue Effectiveness)
  - Active Listening Skills
  - Healthy Relationships
  - Anxiety Tool Kit
  - Mindfulness
- Attend a peer support group on campus (NAMI).
- Raise awareness of mental health on campus (Active Minds and Gray Matters).
- Explore different relaxation and self-reflection habits in [apps and techniques](#).
- Engage online programs [Moodgym](#) or [E-couch](#).
- Explore different [groups and activities](#) on campus to foster social connections.
- Attend community [support groups](#) on anxiety.
- Attend a six-week group therapy session on campus.
- Schedule a therapeutic consultation with counseling services.
- Email [campus ministries](#) to get involved in spiritual community.

#### *Elevated:*

- Schedule an appointment with counseling services on campus.
- Attend long-term group therapy sessions on campus.
- Explore [referral options](#) for a social anxiety specialist.

## Academic Distress:

### *Moderate:*

- Determine if due to major, career goals, time management, or underachievement.
- Access study skills workshops, subject tutoring, or the Reading/Writing Center through [Learning Commons](#).
  - Reducing Test-Anxiety with Effective Preparation
  - The Liberal Arts Approach to Note-Taking
  - Procrastination: Because Due Tomorrow doesn't Mean do Tomorrow
  - Civil Discourse Panel and Practice
  - Knocking Group Projects out of the Park
- Access one-on-one tutoring or study skills coaching through [Learning Commons](#).
- Schedule an appointment with your advisor.
- Meet your professors during their office hours.
- Schedule an appointment for vocational or career exploration (CORE) through [Handshake](#).
- Seek out personality or value inventories to determine if major/career is a good fit.
- Look through course catalog to find courses of interest and discuss with advisor.
- Explore [clubs and organizations](#) that match academic interests.
- Register for courses that teach study skills and academic planning.
- Develop a realistic study schedule each week that matches course load.
- Explore different stress management skills in [apps and techniques](#).

### *Elevated:*

- Schedule an appointment with counseling services on campus.
- Maintain consistent communication with your advisor and professors.

## Eating Concerns:

### *Moderate:*

- Attend a free Eating Disorders Support Group-Wednesdays from 6-7 p.m. at the Trinity Enrichment Center 4622 Progress Drive, Suite A, Davenport, IA (563) 742-5800. Open to people with eating disorders, family, and friends.
- Reflect on eating patterns and keep a journal of thoughts and feelings related to food.
- Attend a peer support group on campus (NAMI).
- Raise awareness of mental health on campus (Active Minds and Gray Matters).
- Attend other community [support groups](#) for eating disorders.
- Consult with therapist on campus about lifestyle changes.
- Develop a plan to increase [health and wellness](#) through exercise or nutrition.
- Attend six-week group therapy session through counseling services.
- Email [campus ministries](#) to explore faith, service, or renewed purpose.
- Meet with Director of Student Well-Being and Resiliency about nutrition resources.

*Elevated:*

- Go to a medical doctor for a physical examination to determine potential health issues.
- Meet with a nutritionist to discuss nutritional and healthy, realistic eating habits.
- Establish healthy weight goals based off of BMI from medical standards.
- Schedule an appointment with counseling services on campus.
- Make an appointment with a local eating disorder specialist through [Amy's Gift](#).
- Access [referral webpage](#) to explore family therapy.
- Call national crisis line 800-233-4357.

**Frustration:**

*Moderate:*

- Attend a well-being workshop:
  - Recognition...Insight...Openness
  - Assertiveness Training
  - B.R.I.D.G.E. (Building Relationship Intimacy and Dialogue Effectiveness)
  - Active Listening Skills
  - Healthy Relationships
- Attend a peer support group on campus (NAMI).
- Email [campus ministries](#) to explore spiritual life.
- Explore [self-help books](#) on anger.
- Attend [support groups](#) on men's issues, women's issues, or on particular stressor.
- Attend six-week group therapy session on campus.
- Develop a plan to increase [health and wellness](#) through exercise or nutrition.
- Schedule an appointment for vocational exploration through [Handshake](#).

*Elevated:*

- Schedule an appointment with counseling services on campus.
- Arrange for a [psychological evaluation](#) to rule out mental health disorders.
- Request anger management group through counseling services.
- Attend long-term group therapy sessions on campus.

**Family Distress**

*Moderate:*

- Attend a well-being workshop:
  - Mindfulness

- Seeking Serenity
- Grief and Loss
- Assertiveness Training
- B.R.I.D.G.E. (Building Relationship Intimacy and Dialogue Effectiveness)
- Active Listening Skills
- Healthy Relationships
- Explore [clubs and organizations](#) and other leisure activities to have play in life.
- Attend six-week group therapy session through counseling services.
- Explore [self-help](#) based on family dynamic stressors.
- Read *Dollars and Sense For College Students* (Ellen Braitman) if financial stressors.
- Reach out to the financial aid office to explore different college funding opportunities.
- Discuss different cost-cutting options with support network to reduce wasteful spending.
- Discuss financial concerns with family members to enlist them in problem-solving.

#### *Elevated:*

- Schedule an appointment with counseling services on campus.
- Attend a [local support group](#) based on family dynamic stressor.
- Attend long-term group therapy sessions to work through family dynamic.

### **Alcohol Use:**

#### *Moderate:*

- Go to a medical doctor for a physical examination to determine potential health damage.
- Make a list of different hobbies and leisure activities you could develop as alternatives.
- Become more involved on campus through [clubs and organizations](#) to fill free time.
- Identify support system (family or peers) and honestly relay drinking habits.
- Attend a [local AA meeting](#) regularly.
- Explore [self-help](#) on addiction and substance abuse.
- Identify [residence hall peer resources](#) for clean and healthy lifestyles on campus.
- Reach out to residential life staff (CAs) to discuss ways to manage environment.
- Develop healthier stress management strategies through [apps and techniques](#).
- Attend a peer support group on campus (NAMI).
- Raise awareness of mental health on campus (Active Minds and Gray Matters).
- Email [campus ministries](#) to explore spiritual life.
- Schedule an appointment for vocational exploration through [Handshake](#).
- Develop a plan to increase [health and wellness](#) through exercise or nutrition.
- Attend a [local support group](#) for other areas of distress that may increase drinking.
- Consult with counseling services to determine if an outside specialist is warranted.
- Meet with the Director of Student Well-Being and Resiliency.

*Elevated:*

- Schedule an appointment with counseling services on campus.
- Discuss living arrangements with Residential Life staff.
- Arrange for a [psychological evaluation](#) to rule out mental health disorders.
- Access [referral webpage](#) to link up with a substance abuse specialist.