



students within a Stepped Care Model. To provide mental health care that is both responsible and appropriate for students, the Counseling Center utilizes a collaborative screening process to determine each student's needs. It makes professional recommendations from various services within the SDSU campus community and the community in which the student resides.

We do not assume that everyone who seeks mental health support needs to start with individual therapy; instead, we provide services that match an individual's needs. The stepped care model is a strengths-based approach, not a one-size-fits-all approach.

Services are available to eligible SDSU students whose concerns fall within our scope of services. Students are eligible for in-person or telehealth services, depending on their location of residence. Newly enrolled students are eligible for services beginning on their first date of classes. Minors are required to gain permission from their parents or guardians to receive services. Dual-credit enrolled high school students

and FERPA regulations.

We recognize that some students struggle with issues our services cannot address. Some services are outside the scope of college counseling practice, require specialized providers, or may interfere with our ability to meet the many requests for counseling. Examples include, but are not limited to:

- Need or desire to be seen each week or more than once a week;
- Significant substance use/abuse;
- Significant disordered eating symptoms;

Chronic suicidality or chronic self-injury;
Psychiatric medication management;
Court-mandated counseling services;
Evaluations for attorneys, courts, or forensic investigators;
Assessment for obtaining documentation for academic, employment, or housing accommodations;
Comprehensive psychological evaluations and forensic evaluations;
Students with concerns that cannot be ethically treated within our short-term model;
Students seeking documentation for emotional support animals;
Students who cannot adhere to SDSU Counseling Center policies and/or treatment recommendations (violation of SDSU attendance policies, lack of follow-through with clinical treatment recommendations, etc.);
Students with a history of multiple inpatient hospitalizations;
Students who utilize urgent and crisis services repeatedly and cannot be stabilized using a short-term therapy model; and/or
Intensive trauma therapy and specific therapies such as EMDR and Brainspotting

Academic-related issues.
Relationship issues.
Grief and loss.
Adjustment/Transition.
Anxiety.
Depression.

Services may be denied at the discretion of the Assistant Director of Counseling and primary counselor when appropriate. This will be discussed with the client, and referrals will be provided. The reasons for denial may include but are not limited to the following:

Lack of motivation or engagement with treatment

contact emergency services through the University Police Department, 911, or seek services through their local hospital emergency department. Counselors are not first responders and are not dispatched on or off campus to assist with behavioral health crises.

The Counseling Center is available to receive information regarding students needing support and/or behavioral health care. Due to confidentiality, the counseling staff will never indicate if the student is seeking services. The information collected will never be shared (except as described under confidentiality).

Classroom presentations, student organizations, and department meetings are opportunities to normalize help-seeking behaviors, build relationships, and encourage a healthy concept of behavioral health and prevention programming. Please call or email at least two weeks before group or class presentations. During peak times or when staffing is limited, we may restrict our availability for requests as we will prioritize campus