

## Student Wellbeing Stepped Care Model (NTC)



	Crisis Services		Immediate intervention during a mental health crisis utilizing community resources.	Mobile Crisis, Hospitalization.
	Outpatient Referrals		Referral from staff to an off-campus mental health service/specialty.	Specialists (OCD, Eating Disorders, DBT, etc.), ARMHS services, Outpatient medical, Day treatment.
Co	Counseling		eting with a counselor for groups (with other peers hold- the same concerns) and/or individual therapy for brief, ervention based treatment, or transition care for students ving to a different level of care.	Therapy, Support groups (anxiety, depression), Interpersonal Therapy Groups, Medication management with psychiatric provider, etc.
Wellb Works		commoi	consored workshops of specific themes that are ally experienced by college students and learn easy to oping skills to manage these stressors.	Anxiety, Depression, Grief/Loss, Sexual Assault Survivors, Time Management, Adjustment to College, Managing Finances, Motivation, etc.
On-Camp Resource	ne	ing campu eds presen	s departments and services for support, based on ted.	Academic advising, Career Services, Accessibility Services, TRIO, Tutoring, Student Activities & Clubs, etc.
Self-Care	Taking happin	Exercise, journaling, reading, nature, connecting with friends and family, self-help apps (TAO), etc.		

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