

# *Student Counseling Services*

*(SCS)*

To request an appointment please  
stop by or email us at:

**scs@kaust.edu.sa**

## **After-Hours Mental Health Crisis**

**Please call:**

**0540272519**

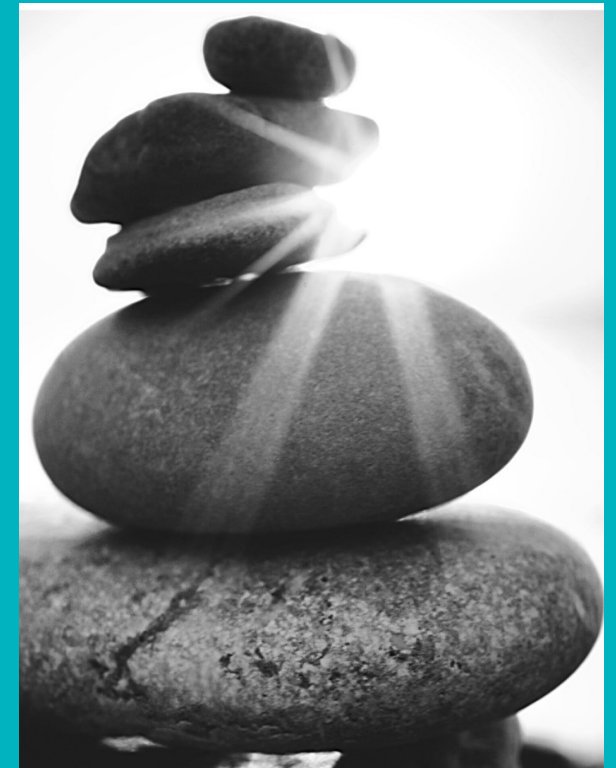
*DISCOVER*

*CONNECT*

*GROW*

### **Mission:**

The mission of Student Counseling Services is to help graduate students enhance their academic and personal well-being. SCS offers prevention, intervention, information, and referral services to all KAUST students and their spouses. In addition, SCS provides consultation and education to faculty and staff to assist them in addressing the psychological needs of the graduate student.



**Need Something?  
Let Us Help**

## What We Do

Student Counseling Services (SCS) provides a wide range of services to help students gain the most from their graduate student experience. Some of the most common issues we work with are:

**Stress**

**Anxiety**

**Adjustment**

**Loneliness**

**Depression**

**Academic Difficulties**

**Cultural Differences**

**Self-Esteem**

**Abuse**

The purpose of all SCS services and programs is to help graduate students enhance their academic and personal well-being. SCS provides evidence-based prevention, intervention, information, and referral resources to KAUST graduate students. SCS also provides outreach and consultation to faculty and staff to assist them in addressing the psychological needs of their students.



## Frequently Asked Questions about Student Counselling Services

**Is What I say private?** All services of SCS are strictly confidential. SCS staff typically will not release any information regarding clients, or the services they receive, to anyone outside of SCS without the written permission of the client.

**What is the cost of counseling? Free.**  
There is no charge for our services.

**Are there services for my spouse?** Yes. We will be happy to see your spouse by himself or herself, or we can see the two of you together if you are having relationship concerns.

**Do you need to have a major problem to come for counseling?** No. Some people who come to counseling are very depressed, feel like they may hurt themselves, or have been subjected to abuse growing up. However, many people come to counseling because their grades are suffering, they can't get along with those around them, or they are having problems deciding on a job. We can help no matter what you're feeling or experiencing.

**What is counseling like?** Counseling is an interactive process of talking with a trained professional. Sometimes the goal is to help you see and feel more clearly those things which are preventing you from reaching your potential.

Then together you can identify and practice new strategies to reduce the barriers to your progress. At other times, it simply helps to express yourself and let go of painful or hurtful situations that have been upsetting you. Your counselor is a neutral and experienced person who will not judge or pressure you but will work with you to move toward the goals that are important to you.

**How long does it take?** Most students who seek counseling at SCS feel they have met their goals in only a few meetings. Some students stay in counseling longer than that and some find that after a few months they want to come back to focus on a different concern. Counseling is a very flexible process tailored to your needs.

**Does SCS provide support letters to students?**  
SCS can provide students with "support letters" related to mental health when requested to support an appeal, a medical leave of absence, or an academic accommodation. To receive a support letter, it is imperative that the student has been attending counseling regularly. In general, SCS staff do not provide letters for students who have not been attending counseling during the period for which they are requesting a letter.