HIGH
LOW
Time & Energy Invested by Staff
9 Off-Campus Referral
•Intensive, specialized or long-term treatment
•Psychological testing
8 Individual Counseling
•Customized session length Θ frequency
•On-going symptom measurement
•Requires full diagnostic assessment
7 Group Counseling
•6-14 Week Commitment
•In-depth education, exploration Θ group support
6 Support Group
•Alcoholics Anonymous
•GriefShare (TRBC)
•Celebrate Recovery
•Proven Ministries
5 Problem-Focused Session
•One problem, One solution
4 Face-To-Face Psychoeducation
•Emotional Wellness Workshops (3 weekly sessions)
•Psychoeducational Seminars (Monthly)
3 Online Resources
•Self Help Guides
•Mindfulness Θ Self Compassion
•Relaxation Exercises
•Physical Health Tips
2 Campus Supports
•LU Shepherd
•Student Health Services
•Career Center
•Residence Life
•Community Life
•Office of Disability Accommodation Support
•International Student Center
•Campus Dietitian
1 Screening
•Intake
•Assessment
•Care plan
HIGH
Level of Student Autonomy/Self-Advocacy
LOW