1. Screening appointment
   - triage and assessment
   - treatment recommendations

2. Referral to on-campus & community supports and resources
   - African American Cultural Center
   - Multicultural Student Affairs
   - Military and Veteran Services

3. Self-help psychoeducation and practice
   - online support modules
   - self-help resources

4. Psychoeducation workshops and drop-ins
   - workshops
   - drop-in spaces

5. Therapeutic consultation (single session)
   - one-time meeting with a counselor
   - goal oriented, solution focused

6. Short-term support group
   - learn coping strategies and receive support
   - choose as many or as few to attend, low commitment

7. Group therapy
   - duration from a few weeks to a semester
   - personal growth and peer support

8. Individual short-term services
   - frequency of meeting is variable (typically not weekly)
   - goal oriented, solution focused, and time limited

9. Off-campus referrals & case management services
   - longer term or more frequent (i.e. weekly)
   - specialized services