



WHICH COUNSELING SERVICE IS BEST?

CRISIS RESPONSE SERVICES	GROUP COUNSELING	INDIVIDUAL COUNSELING	REFERRAL TO OUTSIDE COUNSELING
<p>Students may need immediate help to process a particular incident or traumatic experience. This may be due to suicidal ideation, death of a loved one, divorce or separation, domestic violence, incarceration, or other traumatic experience.</p>	<p>Small groups are offered for students who need some help developing specific skills.</p> <p>Group sessions are typically 30-45 minutes in length and meet for approximately 4-6 weeks. Group sessions focus on things like coping strategies, impulse control, dealing with anxiety, grief, anger, friendships, or difficult family situations.</p>	<p>School counselors provide short term individual counseling for school-related problems or for issues that are affecting the student's academic performance. Ideally, this would be for less than 10 week – it is NOT meant to be therapy.</p> <p>TCHAT services are also a form of individual counseling. (Texas Child Health Access Through Telemedicine) are private virtual sessions during the school day.</p>	<p>Students may need to be referred to outside counseling when they have been provided with various school counseling services but need ongoing support,</p> <p>OR</p> <p>when they are dealing with issues and concerns elsewhere that may not be problematic in the school setting.</p>