

NKU Levels of Care	
Off-Campus Referral	St. Elizabeth, SUN Behavioral; Referral list for Ohio, Indiana, Kentucky
Individual Therapy	Health, Counseling, & Student Wellness External counselors
Counseling Consultation	NKU Family Wellness Clinic/Clinical Mental Health Counseling Program; Mindset Management Program (for student-athletes)
Screening	HCSW (primary). Athletics and Family Wellness Clinic perform basic mental health assessments.
Group Counseling	Available through/for Student Affairs groups, residence halls, athletic teams; Offered by HCSW, NKU Family Wellness Clinic
Campus Support	Advisors; Staff; Faculty; Coaches; Trainers; Administrators; Norse Violence Prevention Center; HCSW; FUEL NKU; Learning PLUS; Office for Student Accessibility (OSA)
Peer Support	Resident Assistants; Student Pilots program; Student-Athlete Advisory Committee; Greek Life
Self-screening	Mental health/wellness self-screening forms, available online (HCSW website, Student Affairs groups websites) and in person.
Self-help Psychoeducation	Mental health promotions through Student Affairs Groups (e.g., African American Student Initiatives, International Student & Scholar Services; LGBTQ Programs & Services); HCSW website information/resources related to common mental health concerns (e.g., anxiety, depression, loneliness, adjustment, trauma, relationships)
Campus Psychoeducation	First-Year Orientation; University 101; Staff/Faculty/Advisor Mental Health Trainings; Student Support (FUEL NKU; Learning PLUS; Norse Violence Prevention); Presentations/trainings for Student Groups, Athletes, Greek Life, Residence Halls staff; Mental Health Resource Lists (distributed to faculty/staff); Website Resources; University/Campus Police

Campus Psychoeducation: Sources of general mental health and wellness information afforded to students, staff, and faculty, whether in person (e.g., trainings, orientations) or electronically (e.g., websites)

Self-help Psychoeducation: Identifiable sources of specific mental health and wellness information aimed at campus constituents who may wish to try attending to their needs on their own (e.g., an undergraduate seeking information on issues pertaining to gender identity, a graduate student looking for tips on how to manage test anxiety prior to their board exams).

Self-screening: Should psychoeducation efforts prove insufficient, a self-screen may inform students' pursuit of higher levels of care. Online screening tools (available from the Health, Counseling, and Student Wellness website) may help individuals better articulate their needs, and a decision tree can provide direction to available services.

Peer Support: Avenues by which help-seekers may connect with students who have received some training on/information pertaining to mental health and wellness.

Campus Support: Avenues by which help-seekers may connect with staff, faculty, and other campus resources who have received some training on/information pertaining to mental health and wellness.

Group Counseling: Mental health groups for a variety of concerns are available across campus.

Screening: Evaluation screenings are conducted by Health, Counseling and Student Wellness. Assessments are also conducted by the athletic training staff and the NKU Family Wellness Clinic.

Counseling Consultation: The NKU Family Wellness Clinic and Mindset Management Program offer counseling sessions to undergraduate students who are seeking help with issues pertaining to self-esteem, anxiety, depression, and grief, as well as relationship/communication skills and adjustment issues. Services are provided by graduate-level counselors-in-training.

Individual Therapy: Counseling services provided by licensed professionals, either through by Health, Counseling and Student Wellness or by mental health therapists external to campus.

Off-Campus Referral: Counseling services provided by agencies external to campus. Health, Counseling and Student Wellness have referral lists for Kentucky, Ohio, and Indiana. (Insurance coverage required for international students covers services.)