Screening
• Triage & Assessment
• Develop plan

Referral to campus supports
• Academic
• Residence Life

Self-help
• TAO Self-help psychoeducation
• Apps & Websites

In-person
• Groups/Workshops
• Seminars

Individual Therapy
• 1:1 Therapy
• One problem-one solution

Intensive Individual Therapy
• Customized session length & frequency

Off-campus Referral
• Long-term, intensive or specialized treatment

PROGRAM INTENSITY

LEVEL OF STUDENT AUTONOMY/SELF ADVOCACY

HIGH
LOW