

PAUSE ROOM

The Scanlan Center for School Mental Health aims to positively impact school mental health and well-being across Iowa and beyond through professional development, research, training, and clinical services.

Crisis is chaotic.

It pulls us in so many different directions and it can feel like there are too many fires to put out at once. This can be overwhelming and prevent us from making effective decisions, leaving us feeling confused, anxious, vulnerable, afraid, angry, helpless, and so many other things.

Though it may feel like there is pressure to address everything immediately, what our brains really need in times of crisis is to **PAUSE**.

Our team is here to support your **PAUSE**.



Play **A**ctivities **U**nderstanding & **S**upport for **E**veryone in educational settings

scsmh.education.uiowa.edu



319-467-4526



scsmh-clinic@uiowa.edu

The Scanlan Center for School Mental Health Clinic is not a 24/7 crisis service.
If this is an emergency or someone is in imminent danger, please call 911 or 988.



Our dedicated team of mental health clinicians is available to deploy in person to your school to provide you and your school community with the support needed to take a moment to **PAUSE**. To catch your breath. To do what you need to do to best care for yourself and others during such a difficult time.

The Scanlan Center for School Mental Health Clinic provides a confidential and safe space for students and school staff to voluntarily:



PAUSE for a donut



Connect with a trained mental health professional



Understand common reactions to crisis and trauma



Learn strategies to navigate grief and loss



Practice mindfulness activities



Problem solve with support



Learn coping skills



Discuss life stressors (academics, relationships, mental health, etc.)

**Scanlan Center for School Mental Health clinical services are fee-based.*

scsmh.education.uiowa.edu



319-467-4526



scsmh-clinic@uiowa.edu

*The Scanlan Center for School Mental Health Clinic is not a 24/7 crisis service.
If this is an emergency or someone is in imminent danger, please call 911 or 988.*

