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Suggestions and Reflections on the Intervention of Social Work in College Students' Psychological Crisis Emergencies

—Taking the Work of Counselors in Beijing B University as an Example

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Abstract In recent years, the number of college students diagnosed with anxiety and depression has increased year by year, and the mental health of college students have received extensive attention from colleges and universities. Based on the practical cases in the work, this paper introduces the intervention process and thinking of counselors applying school social work methods to deal with college students' psychological crisis emergencies, so as to provide some guidance and reference for counselors to deal with college students' psychological crisis emergencies in the future.

Keywords school social work case work crisis intervention college counselors