

# CAMPUS RESOURCES

## Reaching out for Help

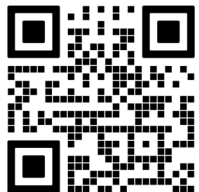
Everyone responds to these events differently and at their own pace. Please be kind to yourself and others, particularly as new information becomes available and as time passes.

- **Counseling & Psychological Services (CAPS)** offers mental health services such as individualized counseling.
  - For a same-day appointment, call 509-335-4511
  - For after hours crisis counseling, call 509-335-2159
- **Mobile mental health services are available 24/7**, with mood trackers, self-guided tools to address your mental health, and anonymous online peer support.

## Information Sharing During an Active Investigation

Any information publicly discussed or shared may impact the integrity of the ongoing investigation.

- Remember, you always have a choice to speak with the media or not. If you are receiving unwanted contact from the press, you may direct their inquiries to Phil Weiler, vice president for marketing and communications, at **[phil.weiler@wsu.edu](mailto:phil.weiler@wsu.edu)**.
- If you have any information about the investigation, please report to law enforcement through official communication channels.



**Not sure where to start, but you still need help?**  
Make an appointment with the Office of the Dean of Students:  
scan, call 509-335-5757, or email [deanofstudents@wsu.edu](mailto:deanofstudents@wsu.edu).



WASHINGTON STATE UNIVERSITY  
**Office of the Dean of Students**



# Counseling and Psychological Services (CAPS)

## Call CAPS to schedule an initial consultation.

- Initial consultations typically last **25-30 minutes**.
- You will **meet with a mental health counselor** who is equipped to listen to your concerns and assess what level of care is best for you.
- **Initial consultations are scheduled on a same-day basis**, meaning the day you call is likely the day you'll be seen. *If the schedules are full, you may be asked to call again the following day.*



**Scan here for more information or  
call CAPS at 509-335-4511**

counseling@wsu.edu | cougarhealth.wsu.edu  
Washington Building, North Entrance, Third Floor

## If you are in crisis:

**During business hours:**

**Call CAPS** to schedule a crisis appointment. *Please tell us if you're in crisis so we can help you get the services you need.*

### After Hours Options

**After hours crisis phone:** 509-335-2159, available after 5PM, on weekends, and during University holidays.

**National Suicide Prevention Lifeline:**  
1-800-273-8255

**Crisis Text Line:** text HOME to 741741

**Call 9-1-1 in an emergency or if a student poses an immediate threat to self or others.**



WASHINGTON STATE UNIVERSITY  
**Office of the Dean of Students**

# Office of the Dean of Students

**If you're not sure where to go, you can start with us.**

## **We help with things like:**

- general support
- crisis and emergency situations
- housing and food insecurity
- access to support systems
- campus and community involvement
- navigating academic policies
- conduct and behavioral issues

## **We're here for you.**

We are your partners in navigating your WSU experience. This might include working through a complex process, answering questions, or getting you connected to a much-needed resource.

We offer support to Pullman and Global campuses: undergraduate, graduate, and professional students.

## **Contact Us:**

509-335-5757 | [deanofstudents@wsu.edu](mailto:deanofstudents@wsu.edu)

[deanofstudents.wsu.edu](http://deanofstudents.wsu.edu)

French Administration Building, Room 122

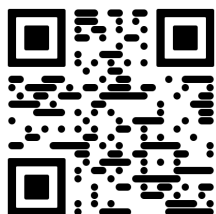


# Mobile Mental Health Resources

## Anytime. Anywhere. For All WSU Students.

**These mobile resources are for students who are:**

- proactively seeking ways to maintain their health,
- deciding whether they need or want professional help,
- waiting for or in between appointments with a mental health professional,
- or those who just need an occasional check-in or reminder.



**Scan here for more information about these services.**

You will use your WSU email address to create accounts within each service.

### Welltrack Boost

[WSU.WELLTRACK.COM](https://wsu.welltrack.com)

Online **self-directed therapy** experience for managing depression and anxiety.

The companion app, **MoodCheck**, allows you to monitor your mood throughout the day and connect to what influences your mood.

### Togetherall

[TOGETHERALL.COM](https://togetherall.com)

**Anonymous and safe space to chat** with others about mental health and mental illness.

It is accessible and clinically managed by trained professionals, providing self-assessments & recommended resources and a wide range of self-guided courses to do at your own pace.

### Welltrack Connect

[WELLTRACK-CONNECT.COM](https://welltrack-connect.com)

Find a **mental health professional in your community.**