CAMPUS RESOURCES

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.

- If you have any information about the investigation, please report to law enforcement through official communication channels.

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.

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.
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.

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.
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
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.

Welltrack Boost
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
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
Find a mental health professional in your community.

Scan here for more information about these services.
You will use your WSU email address to create accounts within each service.