

# Mental Health Resources for WSU Graduate Students

## Crisis Support: Emergency Services/Hotlines

**Call 911** in any emergency situation or if a student poses an immediate threat to themselves or others.

<https://cougarhealth.wsu.edu/crisis-support/>

## Student Care Referral:

<https://studentcare.wsu.edu/student-care-referral/> - Refer a Student OR Request Support for Yourself

Early intervention is the key to student success. The Student Care Network allows you to share concerns about a student's emotional or psychological well-being, physical health, or academic performance with colleagues on your campus who can help. When you submit your referral through our online form, an email will be generated, contacting the relevant offices on your campus.

## Counseling Services

WSU CAPS counseling services at Pullman <https://cougarhealth.wsu.edu/individual-counseling/> is limited to those paying the Pullman mandatory health fee; other WSU campuses have separate resources: [Tri-Cities](#), [Vancouver](#), [Spokane](#), [Everett](#).

Alternatively, those with WSU Graduate Assistant or ISHP insurance may find a provider through the United Healthcare <http://www.uhcsr.com/> website, and use any United Healthcare counselor with your insurance. The annual deductible, copays and coinsurance would be applicable for these visits.

## ProCall+: Mental Health and Well-being: Anytime. Anywhere. For All WSU Students

<https://studentcare.wsu.edu/mental-health>

Regardless of where you are with your own mental health, these resources can help. They are for any student who is

- 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.

**These services are made for YOU. You may need them once, you may need them all the time. Whatever works for you.**

- [Welltrack HelpNow \(24/7 support numbers\)](#): For each WSU campus

- [WellTrack Boost](#): An app with self-guided therapy and resources
- [WellTrack Guide \(togetherall\)](#): Anonymous and safe space to chat with others about mental health/illness
- [Welltrack Connect \(The Shrink Space\)](#): Find a mental health professional in your community

## Healthiest You (via United Healthcare)

<https://go.healthiestyou.com/student/>

*Limited to those with WSU Graduate Assistant or ISHP Insurance (via United Healthcare). CAHNRS graduate students have reported this is a great service and have been happy with the care received.*

**Free online counseling platform** provided through graduate student insurance. No limits or caps. **Download the app and keep it on your phone as a reminder of this availability.**

Talk to therapist or psychiatrist by phone or video, 7 days a week – not crisis services – it’s for appointments.

Healthiest You also has Get Care Now (General Medical) for non-emergency conditions like cold and flu, sinus infection, allergies and more.

## Get Stress Management Tips on your Phone!

WSU Health Promotion: Feeling stressed, need help coping, or just want tips for managing your stress? We can help! **To sign up, text “@STRESS” to 844-486-0046.** You can join at any time and this program is available for all WSU locations.

Join our text messaging program and we will:

- Check in with you every week to see how you’re doing
- Send you weekly tips for lowering stress
- Share information about health-related events and resources around campus
- On average, you would receive no more than 2 or 3 text messages per week
- Messages and data rates may apply

To cancel the messages, you can reply with **“STOP.”** To get more information, you can reply with **“HELP.”** Content within the text messaging program adheres to the [WSU Privacy Policy](#).

## Financial Assistance | Food Assistance | Technology Assistance

<https://www.studentcare.wsu.edu/student-assistance/>

Student Emergency Funds are available for students experiencing financial emergencies that include, but are not limited to, housing, food, health care, and materials required for classes. These emergency funds are available thanks to generous contributions from donors.