

WELLNESS RESOURCES FOR VCEA STUDENTS

Your mental health, physical health and emotional health are just as important as your academic successes. It's ok, to not be ok...so we've listed some resources for you below.

☀️ **Cougar Health Services**

- Counseling & psychological services; medical clinic; pharmacy; vision clinic & more.

<https://cougarhealth.wsu.edu/services/>

☀️ **Student Care Network**

- Helps connect WSU students with access to financial, food and/or housing assistance.

<https://studentcare.wsu.edu/>

☀️ **UREC**

- Find your wellness & workout space at any of the 3 indoor facilities or outdoor fields.

<https://urec.wsu.edu/>

☀️ **GIESORC**

- Serves and supports LGBTQ+ students, faculty, staff and alumna of WSU by providing resources, fostering community building and relevant initiatives.

<https://thecenter.wsu.edu/>

☀️ **LSAMP**

- Supporting the academic achievements of underrepresented minorities in STEM

<https://lsamp.wsu.edu>

☀️ **VCEA Student Success**

- Providing VCEA students direct help with: advising, tutoring, career services & internships, clubs, peer mentoring and more!

<https://vcea.wsu.edu>

☀️ **Pullman Community Action Center**

- Community resources available for all WSU students.

<https://www.cacwhitman.org/community-resources/>

☀️ **Crisis Support Center**

- List of campus & community resources for any student in need of immediate help.

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

Want to or need to talk to someone?

It's ok to not be ok. No matter how small or big your problem or concern, there IS someone available 24/7 that you can talk or text with.

Crisis Support & Emergency Numbers

**Text or call
someone 24/7!**

National Suicide Prevention Hotline

- 1-800-273-8255
 - Press 1 for Veteran's Services

Trevor Lifeline (LGBTQ+)

- 1-866-488-7386

Alternatives to Violence of the Palouse

- 509-332-4357

Crisis Text Lines

- Text HOME to 741741
- Text STEVE to 741741 (support specific to individuals of color)

National Suicide Prevention Hotline

- Text 838255

Trevor Lifeline (LGBTQ+)

- Text START to 678678

WSU Emergency Numbers

Campus Police

- 509-335-8548

After Hours Crisis Support

- 509-335-2159

