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 alumx 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/

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**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.

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**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

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**WSU Emergency Numbers**

- **Campus Police**
  - 509-335-8548

- **After Hours Crisis Support**
  - 509-335-2159