

STEPPED CARE GUIDE



Eastern Washington University believes in fostering a community of care. We are dedicated to students' wellbeing and connecting students with support services, on and off campus. Knowing about and engaging with resources to improve wellbeing is core to student success and beyond.

PRACTICE SELF CARE

- Get 30 minutes of movement each day.
- Get 7-8 hours of uninterrupted sleep.
- Eat balanced meals and drink plenty of water.
- Attend classes regularly and reach out to your professors if you need more support.

BUILD YOUR COMMUNITY

- Stay in touch with family and friends. Get to know your faculty.
- Reach out to your undergraduate or academic advisor.
- Find [programs on campus](#) to find connections and build a sense of community .

DEVELOP YOUR SKILLS

- Use academic support systems like [PLUS](#) and [Writer's Center](#).
- Learn new habits and skills through educational workshops on campus.
- Use other [self-help virtual resources](#) and [screening tools](#).

UTILIZE CAMPUS RESOURCES

- Meet with a [wellbeing coach](#) to help set goals related to your health and wellness.
- Complete a [student intake form](#) or [iCare form](#) if you need support from SASS.
- Meet with a mental health counselor for individual or group [therapy support](#) with Counseling and Wellness Services (CWS).
- Register with [Student Accommodations and Support Services](#) for accommodations.

CONNECT WITH OFF-CAMPUS RESOURCES

- Access your student health services through [Multicare Rockwood Clinic](#).
- Download [TalkCampus](#) for peer support 24/7.
- For emotional support from a live person, call the Washington Warm Line: **1-877-500-9276**
- Find your long-term counselor in the community through [Thriving Campus](#).
- Get help finding health insurance with [Better Health Together](#).

SEEK CARE IMMEDIATELY

- Call **988**.
- Call **911**.
- Use the Crisis Text Line: Text **HOME** to **741741**.
- Call the 24/7 Regional Crisis Line: **1-877-266-1818**.