“Good health is more than the absence of disease.”

Being a healthy college student means having confidence and energy to live each day to its fullest. Good emotional and physical health is achievable when people care about themselves and each other, when people make decisions and practice skills to enhance well-being, and when people respect each other as unique individuals.

Counseling, Health and Wellness Services is dedicated to assisting you in sustaining good emotional and physical health, and to providing care, guidance, and resources when needed. Our services are available to assist you with whatever psychological obstacles or physical ailments arise while you are at Western. We can provide information and assistance about ways to care about your own health and to maintain your overall well-being so that you may achieve your personal, academic, and career goals. We invite you to take advantage of our services.

Student Health Center
Emily Gibson, Director
Campus Services
The Student Health Center provides as broad a range of care as you would find in a family practice physician’s office. It is staffed by a team of physicians, nurse practitioners, registered nurses, a dietician and support staff.

Health Services include but are not limited to:
- Evaluate, diagnose and treat most acute medical illness
- Evaluate, diagnose, treat and monitor chronic medical illness
- Evaluate, diagnose and treat injuries including burns, lacerations and abrasions, sprains and strains, splinters and broken bones
- Evaluate, diagnose, treat and limited rehabilitation of sports and non-sports orthopedic injuries
- Minor surgeries (excisions, incision and drainage, skin and lump biopsies, nail excisions)
- Evaluate, diagnose and treat mental health problems
- Nutrition evaluations
- Provide Women’s Health Services and contraception (all types), including emergency contraceptive services
- Diagnose and treat sexually transmitted infections
- Travel Clinic: Education, medications and vaccinations for foreign travel
- Provide immunizations for Tetanus/Diphtheria, Hepatitis B, Hepatitis A, Meningococcus, Flu, HPV and Measles/Mumps/Rubella, and skin testing for tuberculosis
- Provide referrals for X-rays
- Laboratory services
- Our providers work with specialists in the community when necessary

It is not necessary to be a member of any health insurance plan to use this service.

For more information, including hours, see our website at: www.wwu.edu/chw/student_health/

Counseling Center
Nancy Corbin, Director
Old Main, 540
360-650-3164
The Counseling Center offers students a variety of resources designed to assist with academic progress and personal development.

Counseling services include:
- Psychological assessment
- After-hours on-call services and same-day appointments for urgent needs
- Groups and workshops to help students develop a variety of skills for effectively navigating their lives, relationships, and academic pursuits
- Stress management and relaxation training
- Individual and couple counseling in a brief therapy model
- Self-help books, articles, audio and video tapes as well as direction to helpful online services
- Consultation about psychological concerns
- Referral to other campus and community services, including off-campus therapists for students desiring on-going therapy

Examples of concerns that students bring to the Counseling Center include:
- Depression
- Anxiety or stress
- Relationship problems
- Eating or body image concerns
- Lack of motivation or difficulty focusing
- Anxiety that interferes with academic performance
- Loss and grief
- Thoughts of suicide or self-harm

The staff of the Counseling Center works closely with the Student Health Center professionals for coordinated care when psychiatric services or psychotropic medication would be helpful to a student.

For more information, see our website at: www.wwu.edu/chw/counseling/general_info/policies.html