Your counselor will:
• Maintain your privacy.
• Welcome any topic.
• Welcome your diversity.
• Take interest in your concerns.

Counseling services are funded by the Student Health Fee.

Appointments and information
360-650-3164
540 Old Main
516 High Street
Bellingham, WA 98225
www.wwu.edu/counseling

At your first appointment, a counselor will briefly guide you in identifying and accessing the best services for your needs. We also provide immediate or same-day services for students with emergencies.

HOURS:
Monday - Friday: 8:30am - 4:30pm
Appointments & Emergency Walk-in

PRIVACY AND CONFIDENTIALITY
It’s against the law for us to disclose any of your information without your written consent. Your counseling record will not be a part of your educational record.

We value acceptance and appreciation for all differences among people, including those of national origin, race, gender, gender expression, sexual orientation, ethnicity, functional ability, socio-economic status, age, and religious affiliation. We believe that valuing cultural diversity from a global perspective maximizes human growth and development, and enhances the quality of life in our community, on our campus, and throughout the world.

WWU is an equal opportunity institution.
About us
The Counseling Center helps currently enrolled WWU students address and overcome personal and academic issues.

Our Services
• Counseling
  Individual ~ Group ~ Couples
• Psychoeducational workshops
• Psychiatric/medication service referral to the Student Health Center
• Outreach and prevention
• Wellness training (including stress management, anxiety reduction, movement/meditation).
• Case management services
• After hours services

After Hours
Counseling Services (CS) provides 24/7/365 phone counseling services to students, faculty, and staff. These services allow for CC to ensure continuous, quality access to professional behavioral health and wellness services. WWU community members can call for themselves and/or for concern about another student.

To access these phone counseling services:
• Call the main office of CC at 360-650-3164
• Once you reach the voicemail greeting, press 1 to be immediately connected to a clinician.
• Once connected, the clinician will ask for some basic information from the caller.
• The clinician will then conduct a brief assessment and provide services depending on the necessary level of care.
• A Counseling Center clinician will receive a message and follow-up with the caller if requested.

Why do people come to the Counseling Center?
• Stress and anxiety
• Depression and grief
• Relationship problems
• Academic progress
• Improve state of wellness
• Substance abuse
• Eating disorders and body image
• Sexual assault/abuse/harassment
• Gay/lesbian/bisexual/transgender issues
• Issues for students with disabilities
• Multicultural issues

What is counseling?
Counseling provides the opportunity to address your concerns with a counselor in a private and non-judgemental setting.

Your counselor will strive to understand your concerns, give you support, help you explore your thoughts and feelings, and assist you in gaining skills and perspectives to address your concerns.

Some students attend only 1-2 counseling sessions, yet many prefer to receive continuous support throughout the quarter.

Students new to counseling are sometimes hesitant at first but they typically gain comfort with the experience and go on to make great progress.

What is group counseling?
A counseling group is usually comprised of 6-8 people who meet face-to-face with 1 or 2 trained facilitators and talk about what is concerning them the most. Members listen to each other and openly provide each other feedback. These interactions give members an opportunity to increase understanding, try out new ways of being with others, and learn more about the way they interact.

What is Case Management?
We also assist students by referring them to other services on campus and to community resources that can offer more specialized or longer-term help with problems and concerns. If you are seeking or needing off-campus referral for longer term or specialized counseling, you can call us during office hours (8:30-4:30pm) to speak to our case manager who will assist you with facilitating an off-campus referral.