

# REACH OUT FOR HELP

Many people are struggling with fear, anxiety, and strong emotions during the COVID-19 pandemic. Reach out for help and get the support you need.



## **WWU STUDENTS**

WWU Counseling Center  
360-650-3164  
[counseling.wvu.edu](http://counseling.wvu.edu)

## **FACULTY & STAFF**

WA State Employee  
Assistance Program  
877-313-4455

## **CRISIS TEXT LINE**

24/7 national text support  
Text HOME to 741741  
[www.crisistextline.org](http://www.crisistextline.org)



**#BeWellWWU**

LEARN MORE AT [WWU.EDU/CORONAVIRUS](http://WWU.EDU/CORONAVIRUS)