



May 1, 2020

Hi Everyone,

With the move to virtual learning, our emotional, mental and physical wellbeing has been tested. We understand how difficult this has been. EWU now provides services virtually to assist with your overall wellbeing.

Help With Change

EWU Health, Wellness and Prevention Services offers virtual one-on-one wellbeing coaching. Certified coaches can assist you with goal setting for a variety of wellbeing needs, such as sleep, nutrition, physical activity, time management, and stress. Visit our [webpage](#) for information and to schedule your free appointment today.

Distance Counseling and Consultation

CAPS remains committed to supporting your wellbeing and resilience. All services are currently virtual via Zoom video conference or telephone. Counseling services are free to all EWU students.

Virtual walk-in hours are available on Mondays, Tuesdays, Thursdays, and Fridays from 1-4 p.m.

If you are just looking for a brief consultation or the opportunity to talk informally with a CAPS counselor, you can ask for a [Let's Talk](#) session. Call 509.359.2366 to schedule an appointment or visit [our website](#) for more information regarding updated services.

Self-Help Resources

[TAO](#) (Therapy Assistance Online) gives you access to an online, self-help library of interactive educational modules, practice tools, and mindfulness exercises. Click [here](#) to begin the online screening. You'll need your EWU email address to sign up.

Wellness Resources

Take advantage of these [wellness resources](#) which include free apps and resources for physical activity, meditation, mood tracking, sleep, and yoga.

You may experience a range of stress, anxiety, and other emotions depending on your unique circumstances. These [resources](#) are geared toward coping during these times.

Additional Help

Sometimes we're concerned about a fellow Eagle but don't know who to go to or how to help them. Contact the Student Care Team about a student needing assistance through our [ICARE](#) form.

Washington state also offers a peer support helpline for people living with mental health concerns. The WA Warm Line is 1.877.500.WARM.

If someone's health or safety is in danger because of a mental health or substance use condition, call the Regional Crisis Line at 1.877.266.1818, National Suicide Lifeline at 1.800.273.8255, or text the crisis line at 741 741.

Stay Connected

Follow us on social media for more information and updates:

Instagram: [EWUWellness](#) and [EWU CAPS](#)

Facebook: [EWU Health & Wellness](#) and [EWU CAPS](#)

Twitter: [EWUWellness](#)

As the term continues, we hope you are able to adapt, adjust, and thrive. Know that EWU is here to help you with challenges as we venture down this new path together.

Stay safe,

Tricia Hughes
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Outreach Coordinator for CAPS

