







STEPPED CARE GUIDE



Eastern Washington University believes in fostering a community of care. We are dedicated to student wellbeing and connecting students with support resources and services, on and off campus. Students have the opportunity to utilize resources that support a foundation of wellbeing, self-awareness, and resilience. Knowing about and engaging with resources that improve wellbeing is core to student success at EWU and beyond.

- 1 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
 - Go to class, reach out to your professor if you need more support
- 2 BUILD YOUR COMMUNITY** 
 - Stay in touch with friends and family
 - Get to know your faculty
 - Reach out to your undergraduate or major advisor
 - Find programs: [Intramural or Club Sports](#); [EPIC Outdoor Recreation](#); [Clubs and Orgs](#); [Campus Events](#); community advisor; [EWU Pride Center](#); [Multicultural Center](#); [Africana Ed](#); [Chicanx Studies](#); [American Indian Studies](#); [Women's and Gender Education Center](#); [Veterans Resource Center](#).
- 3 DEVELOP YOUR SKILLS** 
 - Explore the [TAO online self-help](#) platform and meditation library
 - Learn new habits through [Health and Wellness](#) Educational Workshops
 - Use the academic support systems available to you: [PLUS](#) (tutoring and academic coaching) and the [Writer's Center](#)
- 4 UTILIZE CAMPUS RESOURCES** 
 - Schedule [wellbeing coaching](#) online to reach your goals
 - Complete a Student Intake Form or ICare Form if you need support from the [Student Care Team](#)
 - Meet with a counselor for brief, individual or group [counseling support](#) (CAPS: 509-359-2366 or capsinfo@ewu.edu)
 - Register with [Disability Support Services](#) for accommodations (DSS: 509-359-6871 or dss@ewu.edu)
- 5 CONNECT WITH OFF-CAMPUS RESOURCES** 
 - Access your student health services through [Multicare Rockwood](#)
 - For app-based emotional support from your peers, try TalkCampus (<https://www.talklife.co/eastern-washington-university>)
 - For emotional support from a live person, call the Washington Warm Line: 1-877-500-9276 (WARM)
 - If you are struggling with COVID-19 related stress call Washington Listens: 1-833-681-0211
 - Find your long-term counselor in the community through the [Thriving Campus](#) portal.
- 6 SEEK IMMEDIATE CARE** 
 - Call 9-1-1
 - Call Regional Crisis Care Line: 1.877. 266.1818
 - Use the Crisis Text Line: Text HOME to 741741
 - Call the Suicide Prevention Lifeline: 1-800-273-6255