

Mental Health Services

WSU COUNSELING SERVICES

www.counsel.wsu.edu, 280 Lighty Building, 335-4511

The primary mission of University Counseling Services is to assist students with problems and concerns that interfere with normal academic development and persistence toward degree. Through developmental, remedial and preventive programming, students are aided in addressing personal, social, academic and career-related concerns. A comprehensive testing program that helps students with personal, educational and professional planning is maintained.

The philosophy of the unit is embodied in the statement "helping students help themselves." Counselors work to assist students to develop lifelong skills that are essential to achieving and maintaining academic and personal competence. The agency as a whole serves as a resource within the University for promoting student well-being and a positive and supportive environment within which students can live, learn, play and work.

Counseling and Testing Services offers a range of psychological services, including individual and couples counseling, groups, workshops, and outreach programs, crisis services, and psychological testing for WSU students, faculty and staff. Services are provided at no additional cost to students who have paid the health fee. Information shared with a counselor remains confidential according to Washington law and the ethical code of the American Psychological Association. All students are urged to see help proactively in order to resolve personal, interpersonal, family, and academic problems that may hinder their quality of life and ability to function well during college years.

Walk-in hours at Lighty 280: If you are considering counseling, or need to consult with a counselor for any reason, please come in during our walk-in hours (Mon. 1-4, Tues. 11-2, Wed. 10-12 & 1-4, Thurs. 10-12 & 1-4, Fri. 10-12 & 1-4) in time to complete intake paperwork and have an intake appointment with a counselor. After this session, you will be scheduled into counseling, workshops, or referred to other services as needed.

After hours crisis help: 335-2159 If you or a friend is in crisis, please come to Counseling Services any time Monday through Friday between 8 am and 5 pm, or call our emergency number after 5 pm or on weekends. A counselor will help determine whether you need to go to Pullman Regional Hospital Emergency Department, and can provide other resources for the immediate situation and life afterwards.

WSU ATHLETICS MENTAL HEALTH TEAM

The WSU Athletics Department places a high priority on providing access to mental health services for student-athletes. In support of this commitment, student-athletes have access to a Mental Health Counselor (MHC), hired and supervised by the University Counseling Services. This position is responsible for providing outreach services, including education and counseling, for student-athletes. Outreach efforts focus on educational programming that emphasize safe and healthy life choices, as well as providing counseling services for substance use and abuse, mental health issues, and assistance with crisis management.

The MHC is a member of the Athletics Department's Mental Health Team, which includes: Team Physicians, Senior Associate Director of University Counseling Services, Coordinator of Alcohol and Drug Counseling, Assessment, and Prevention Services (ADCAPS), Counseling Services Substance Abuse Counselor, Assistant Director of Athletics for Athletic Training Services, Director of Career and Personal Development, Sr. Associate Director of Athletics, Associate Director of Athletics for Academic Support Services, Learning Specialist, Coordinator of Sports Nutrition and Coordinator of Mentoring Program.

The Mental Health Counselor is available by appointment:

Anne LaFrance, LMHC

Counselor, Athletics / Counseling Services

Athletics hours at Health and Wellness Services (T 8-5, Th. 1-5, F 8-2pm)

Room 150 Washington Building

(509) 335-3575, ext. 2

alafrance@wsu.edu

Additional Resources:

On-Call Services and By Appointment (M-F 8am-5pm)

WSU Counseling Services

280 Lighty Student Services Building

(509) 335-4511

Crisis Line

After Hours and Weekends

(509) 335-2159

Athletic Training Services

Bill Drake, ATC

Bohler Athletics Complex M4

(509) 335-0238 or (509) 432-6792

billd@wsu.edu