

# STEPPED CARE GUIDE

**Eastern Washington University believes in fostering a community of care. We are dedicated to students' wellbeing and connecting students with support services, on and off campus. Knowing about and engaging with resources to improve wellbeing is core to student success and beyond.**

<b>PRACTICE SELF CARE</b>	<ul style="list-style-type: none"><li>-Move your body for 30 minutes each day</li><li>-Get 7-8 hours of uninterrupted sleep</li><li>-Eat balanced meals and drink plenty of water</li><li>-Be intentional about how much time you spend daily on screens (phone, tablet, computer, TV)</li><li>-Attend classes regularly and reach out to your professor if you need more support</li></ul>
<b>BUILD YOUR COMMUNITY</b>	<ul style="list-style-type: none"><li>-Stay in touch with family and friends</li><li>-Get to know your faculty</li><li>-Reach out to your undergraduate or academic advisor</li><li>-Find programs on campus to build connections and a sense of community</li></ul>
<b>DEVELOP YOUR SKILLS</b>	<ul style="list-style-type: none"><li>-Use academic support systems like PLUS and the Writer's Center</li><li>-Find programs on campus through Eaglesync to build connections and sense of community</li></ul>
<b>UTILIZE CAMPUS RESOURCES</b>	<ul style="list-style-type: none"><li>-Register with Student Accommodations and Support Services (SASS) for accommodations</li><li>-Complete a student intake form or iCare form if you need support from SASS</li><li>-Meet with a mental health counselor for individual or group therapy with Counseling and Wellness Services</li><li>-Check out the on-campus food pantry</li></ul>
<b>CONNECT WITH OFF-CAMPUS RESOURCES</b>	<ul style="list-style-type: none"><li>-Access your student health services through Multicare Rockwood Clinic</li><li>-BetterMynd Online Counseling - for those that are unable to access on campus counseling resources</li><li>-For emotional support, call the Washington Warm Line at 1-877-500-WARM (9276)</li><li>-Get help finding health insurance or state benefits through our Basic Needs Navigator</li></ul>
<b>SEEK IMMEDIATE CARE</b>	<ul style="list-style-type: none"><li>-Call 988 - for mental health or substance use crisis</li><li>-Call 911 - emergencies requiring police, medical, or fire</li><li>-Utilize the Crisis Text line: Text the word "HOME" to 741741</li></ul>