

# Resources for your health and well-being:

## Student Health Services:

(509) 963-1881 - [cwu.edu/health-services](http://cwu.edu/health-services)

- Call to make an appointment
- COVID testing
- Vaccinations
- Physical Medical Exams
- Birth Control Consultation/ Prescription
- Other Medical/ Health Needs

## Case Management:

(509) 963-1515 - [cwu.edu/case-management](http://cwu.edu/case-management)

- Basic Needs: Food, Housing, Financial
- Crisis Response & Support
- Care Coordination & Systems Navigation
- Suicide prevention training & consultation

## Wellness Center :

(509) 963-3213 - [cwu.edu/wellness](http://cwu.edu/wellness)

- Confidential advocacy for students who experience violence (P.A.T.H.)
- Mental health education training
- Judgement-free substance misuse prevention / recovery consultation

## Student Counseling Services:

(509) 963-1391

- Individual Therapy
- Group Therapy
- Workshops/ Support Groups
- Other Professional Mental Health Services

## Recreation :

[cwu.edu/rec](http://cwu.edu/rec)

- Everything you need to stay in motion with indoor and outdoor facilities
- Climbing wall, multi-purpose courts, indoor and outdoor track, cardio and strength equipment, athletic fields (grass and artificial), tennis courts
- Sports equipment check-out, outdoor equipment rental and repair services, locker rooms
- Sport Clubs, Intramural Sports, Group Exercise, Outdoor Trips, eSports, Special Events, Personal Training

## WildcatCare 365: [www.wildcatcare365.com](http://www.wildcatcare365.com)

Use your MyCWU login to register an account

- "Talk Now" connects you with a real provider in 5 minutes or less
- No additional cost to students
- Schedule ongoing therapy or wellness coaching
- Speak to a medical professional for consultation about symptoms



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