



Resources for student health & wellbeing:

www.cwu.edu/student-life/health-wellness-services/

Student Health Services:

(509) 963-1881

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

Office of Case Management:

(509) 963-1515 | Bouillon Hall 205

- Helps students navigating University systems
- Connects students to resources based on their individual needs

Office of Health Promotion:

(509) 963-3213 | SURC 256

- Open student lounge for free use
- 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 | Black Hall 225 | Closed 12-1pm daily

- Individual Therapy
- Workshops/ Support Groups
- Other Professional Mental Health Services
- In person & Virtual Care

University Recreation:

(509) 963-3512

- Climbing wall, multi-purpose courts, indoor and outdoor track, 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

TimelyCare Virtual Counseling and Medical Services

Use 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
- **Available 24/ 7 - 365 days a year**



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