

MULTIPLE PATHWAYS TO WELLNESS

Practicing self-care, building your resiliency, and managing your stress in healthy ways are important life skills for your experiences at Western and beyond. But, sometimes we need help addressing concerns that are coming up for us. As a Western student, there are resources to help you sort through your options and find the support that's right for you.

Western's Counseling and Wellness Center uses a "multiple pathways to wellness" approach to providing clinical and outreach services to currently enrolled WWU students looking for emotional support while at Western. The wellness pathways Western offers are aimed at supporting your resilience and self-determination as you cultivate and sustain your own well-being.



INDEPENDENT PATHWAYS

Some forms of mental health support can be directly and independently accessed without scheduling a counseling appointment. Here are just a few options you can explore:

- Counseling and Wellness Center Self-Help Library (apps, podcasts, videos, readings)
- Wellness Wednesdays drop-in workshops
- Community Check-Ins
- Drop-in Groups & Workshops
- Active Living Program
- Alcohol and Other Drugs Consultation
- Sexual Health Info Sessions
- Resiliency Specialist
- Sexual Violence Survivor Advocate
- Student Health Center
- Campus and Community Offices & Organizations

Visit cwc.wwu.edu to begin exploring these independent pathways to healing.

GUIDED PATHWAYS

Other forms of support involve connecting with a counselor for more intensive care. To access these pathways, start with a phone consultation with the Counseling Center to discuss ways to address your concerns. Some students find that this is the right amount of support and do not need to pursue other pathways.

If you would like to pursue ongoing, intensive support, the Counseling Center will help you get connected to these pathways:

- Intensive Group Therapy
- Intensive Brief Individual Therapy
- Case Management for Off-Campus Intensive or Specialized Therapy

Although in-person services are temporarily suspended due to COVID-19, the Counseling Center is available for these tele-mental health services by calling 360-650-3164 (for after-hours crisis support press or say "1").

ADDITIONAL ON-DEMAND CRISIS RESOURCES

- Community Crisis Line: 1-800-584-3578
- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Trevor Project: Preventing Suicide Among LGBTQ+ Youth: 1-866-488-7386
- Veterans' Crisis Line: 1-800-273-8255, Press 1 or text 838255
- Crisis Text Line: Text HOME to 741741



SMART GOALS WORKSHEET



Setting goals is an incredibly useful practice to help prioritize what's important to us. But, not all goals are the same. Optimize your goal-setting by making sure they are SMART: Specific, Measurable, Attainable, Relevant, and Time-bound.

SMART GOALS ARE:



SPECIFIC

Be clear, detailed, and precise about what you are trying to accomplish. Try to answer the who, what, when, why, and how of the goal you are aiming for.



MEASURABLE

Quantify your goal so you can measure your progress in achieving it.



ATTAINABLE

Be willing to stretch to achieve your goal but also realistic about what you want to accomplish.



RELEVANT

Choose a goal that is important to you and consistent with other goals you are working toward.



TIME-BOUND

Set target deadlines for completing your goal so you maintain your focus.

YOUR GOAL:

SPECIFIC:

MEASURABLE:

ATTAINABLE:

RELEVANT:

TIME-BOUND: