

# RESOURCE GUIDE

## **COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) @ SU**

Located within the Pigott Pavillion, CAPS promotes the psychological health of students and the campus community through affirmative therapy and other multi-culturally informed services, in order to empower students to participate fully in campus life. CAPS provides short-term individual counseling and support groups to currently enrolled SU students.

Open Monday through Friday 8:30am-4:30pm

For students experiencing an emotional or psychological crisis Urgent Hours: 10am (arrive by 10:15am) & 3pm (arrive by 3:15pm).

## **CRISIS HOTLINES & SUPPORT**

### **Crisis Connections**

Crisis Connections offers immediate and confidential assistance to individuals in dealing with an emotional crisis or trauma. Offers survivors of suicide bereavement counseling; bi-monthly drop-in group @ 6:30pm (first and third Monday of the month and a six-week facilitated support group/telephone support).

1.866.4CRISIS or 206.461.3222

[www.crisisconnections.org](http://www.crisisconnections.org)

### **Domestic Abuse Women's Network (DAWN)**

24 hrs

425.656.7867

[www.dawnonline.org/get-help/resources.htm](http://www.dawnonline.org/get-help/resources.htm)

### **Seattle-King County Domestic Violence Protection Order Site**

Explains how and where to obtain a protection order, as well as how they work

206.296.9547

Crisis Text Line: Text "Start" to 741741

### **National Suicide Prevention Lifeline**

1-800-273-TALK

## **LBGTQIA FRIENDLY HEALTHCARE PROVIDERS/ SUPPORT SERVICES**

### **45th St. Clinic**

Offer sliding scale fees.

<https://neighborcare.org/clinics/neighborcare-health-45th-street>

### **Country Doctor Community Clinic**

Offers sliding scale fees and recommended for youth.

Spanish spoken

206.299.1600

### **International Community Health Services (ICHS)**

Specifically targets services to Asian/Pacific Islander communities

Sensitive to the patient's language and cultural needs

<https://www.ichs.com/>

### **Gay City Health Project Wellness Center**

517 E. Pike St.

206.860.6969

Appointments and walk-ins for free HIV & syphilis testing.

### **Planned Parenthood**

Planned Parenthood offers reproductive healthcare for women and men including STD testing, birth control, and abortion care.

<http://www.ppww.org>

## **FOOD ASSISTANCE NEARBY**

### **Bread of Life Mission**

97 S. Main St.

Lunch: Mon.- Fri., 12:15pm; Dinner: Mon.-Sat., 7:15pm

### **Byrd Barr Place**

722 18th Ave.

Food Pantry hours are available on the website:

[byrdbarrplace.org](http://byrdbarrplace.org)

## FINANCIAL CAMPUS RESOURCES

Office of Multicultural Affairs:

Limited one-time scholarship for students experiencing a non-tuition-related emergency or need. Students can only access this fund once as an enrolled student.

Office of the Dean of Students:

Has limited funds available to assist students with short-term low cost (under \$100) financial needs.

Campus Ministry:

One time acute financial hardship impacting student retention that are related to basic life needs, not to supplement tuition cost.

Text X: Free textbook lending program run out of The Outreach Center for first-gen students and veterans. There are no limits, and a student can borrow a textbook for the full quarter. [www.tinyurl.com/SUtextbooks](http://www.tinyurl.com/SUtextbooks)

First-Gen Emergency Fund: fund to assist first-gen students with non-tuition based financial emergencies. Coordinated by The Outreach Center.

Veteran Emergency Fund: fund to assist veterans with non-tuition based financial emergencies. Coordinated by The Outreach Center.

Reidy Professional Closet: launching this fall. A professional closet of clothes, bags, and shoes for students who need professional items. Students can borrow items for interviews or other career-related opportunities for free. This closet is available to transfer students and junior and senior commuter students.

McGoldrick Lending Library: free textbook lending program for graduate students. This is new and will launch this fall. No website yet, but we will have it ready in September. Coordinated by McGoldrick Collegium

## 24 HOUR CAMPUS SAFETY NUMBERS

SU Public Safety Emergency: 206.296.5911

SU Public Safety Non-Emergency: 206.296.5990

Night Hawk Escort/Patrol: 206.398.4295

24-Hour Walking Escort: 206.296.5990

## IDENTITY BASED COUNSELING & SUPPORT SERVICES

Arab American Community Coalition

24-hour hotline staffed by Arabic speakers to deal with harassment, civil rights advocacy, personal safety concerns and attacks and immigration issues.

206.634.9001

[seattle.daliousa.com/clients/aacc](http://seattle.daliousa.com/clients/aacc)

Asian Counseling and Referral Service

Comprehensive individual and family mental health treatment. Services offered in multiple languages. Serves King County residents. Sliding scale fees. Accepts Apple Health and some private insurance plans.

206-695-7511

[acrs.org](http://acrs.org)

Consejo Counseling and Referral Service

Primarily supports both documented and undocumented latin(x) individuals in the Seattle area. Provides individual and family counseling services.

206.461.4880

<http://consejonew.consejocounseling.org/>

Multicultural Counselors Network

A database that connects clients with counselors who understand the specific needs of people of color and various cultures.

<https://www.multiculturalcounselors.org/>

Seattle Counseling Service for Sexual Minorities (SCSSM)

SCSSM offers mental health services, chemical dependency, domestic violence, and HIV/AIDS counseling.

206.323.1768

## NEARBY HOUSING ASSISTANCE

Compass Housing Alliance

77 S. Washington St. | 206.474.1000

Traditional and permanent housing for low income individuals and families

Coordinated Entry for All:

100 23rd Ave. S | 206.328.5900

Located within Catholic Community Services, they connect clients to housing options in the King County area.