

RESOURCE GUIDE: MEDICAL OR MENTAL HEALTH EMERGENCIES

Experiencing a medical or mental health emergency during the academic quarter can be disruptive. Concerns about missing classes and other activities add stress during a time when healing and recovery are paramount. This guide includes essential information about follow up care, academic options, and support services on campus. Students are encouraged to prioritize their health and safety, and to be in touch with the support resources outlined in this guide to develop a plan that is appropriate to the circumstances.

FOLLOW UP MEDICAL AND MENTAL HEALTH CARE

STUDENT HEALTH CENTER

Campus Services, 2nd floor
2001 Bill McDonald Pkwy
Bellingham, WA 98225-9132
Phone: 360-650-3400
Fax: 360-650-3883

Offering primary medical and psychiatric care. Same or next day appointments are available for follow-up care Monday - Friday. For medical appointments call (360) 650-3400, or call (360) 650-4633 to reach a behavioral health specialist for psychiatric appointments and discharge planning.

COUNSELING AND WELLNESS CENTER

Old Main 540
516 High Street
Bellingham, WA 98225
Phone: 360-650-3164
Fax: 360-650-7308

Offering brief individual counseling, group counseling, workshops, and self-help resources. Crisis services are available 24 hours a day throughout the year. Call (360) 650-3164 for an appointment, option 1 if after hours. Current CWC clients are encouraged to complete a [Release of Information](#) for off campus mental health service providers seen during a crisis.

ACADEMIC OPTIONS

MEDICAL LEAVE OF ABSENCE

STUDENT HEALTH CENTER

If a student is unable to attend classes because of a mental health crisis, injury or illness, a Medical Leave of Absence (LOA) may be requested through the Student Health Center. A medical leave of absence will not be granted without suitable documentation. To request an LOA, call the Student Health Center at (360) 650- 3400 or call (360) 650-4633 to reach a behavioral health specialist if the LOA is being requested for mental health reasons.

ACADEMIC OPTIONS (continued)

DEAN'S WITHDRAWAL

[OFFICE OF STUDENT LIFE](#)

516 High St

Bellingham, WA 98225-5996

Phone: (360) 650-3706

Email: student.life@wwu.edu

Staff are available to support students in crisis; provide general assistance with problem solving and referrals; and advising on university policies/ procedures. They can assist with Dean's Withdrawals for students who are unable to complete the quarter or a class due to compelling circumstances beyond their control or due to a significant hardship (such as incapacitating illness or injury). Call (360) 650-3706 with questions or complete the Dean's Withdrawal [application](#) on the website.

ACCOMMODATIONS

[DISABILITY ACCESS CENTER](#)

Wilson Library 170

E-mail: drs@wwu.edu

Voice: 360.650.3083

Fax: 360.650.3715

An accommodation is a modification or adjustment to a class, the learning environment, or the way things are usually done in the university environment. The DAC partners with over 2,400 students per quarter who live with physical, neurological, psychological, or sensory conditions that significantly interferes with learning or participation in classes and campus activities. Accommodations also address temporary conditions following a medical emergency. The first step is to speak with a disability access counselor by calling (360) 650-3083, email DRSFrontDesk@wwu.edu, or to start the [application](#) on the website.

HOUSING

[RESIDENCE LIFE](#)

Edens Hall

Phone: (360) 650-6565

Email: Housing@wwu.edu

Alerting Residence Life when returning to campus following a hospitalization ensures that all the necessary supports are in place for the student and their community. Students can call the Resident Advisor (RA) or Apartment Advisor (AA) on call for their community to let them know that they are returning to campus or have returned to campus. The RA or AA can also help arrange transportation from the hospital if needed and are knowledgeable about campus resources.

FAQs

I am feeling overwhelmed, and I don't know where to start. Who can help me?

Call the Student Health Center to request a Brief Support Visit with a behavioral health counselor. Once they hear a little about your situation, they can help you identify the next steps. (360) 650-3400

Who should I tell that I have been to the hospital?

In most cases, we find that letting others know you have experienced a hospitalization increases your support network. Telling loved ones, roommates, Residence Life staff, instructors, and others helps them help you – whether it is arranging for missed work, taking care of your pet while you are gone, or just a friendly person to talk to. You never have to share more than you are comfortable, and most often a simple “I have had a health emergency” is enough to get you some extra support.

I am at the ER, but I have no way back to campus. Is there a way to get transportation back to my dorm?

The Student Health Center can arrange a Yellow Cab back to your dorm or place of residence from St. Joseph's Medical Center or Whatcom County Triage Center. (360) 650-3400

I was in the hospital. Did anyone contact my parents?

Maybe. If someone on campus like a resident director or instructor was aware you went to the hospital it is possible that your parents were contacted. If a confidential service like the Counseling and Wellness Center or Health Center were aware, it is unlikely. Typically, the emergency contact you declared on your application is contacted when there is serious concern for your well-being and ability to care for or make decisions for yourself.

It is almost the end of the quarter and I cannot finish my classes, but I don't want to drop them. Is there anything I can do?

The grade of K (incomplete) may be assigned upon request of the student and agreement of the course instructor. Normally it is given only to a student who has been in attendance and has been doing passing work until the final two weeks of the quarter when extenuating circumstances beyond the student's control make it impossible to complete course requirements on schedule. To receive a K grade, a student must print a contract [form](#) and negotiate a formal agreement with the course instructor specifying the work done and the remaining work to complete the course and earn a grade.

ADDITIONAL CAMPUS SUPPORT SERVICES

[Academic Advising Center](#)

Phone: (360)650-3850

Email: advising@wwu.edu

Professional and peer advisors is dedicated to supporting undergraduate student success through conversations and resources around academic plans and goals.

[Basic Needs](#)

Email: student.life@wwu.edu

WWU Basic Needs helps students with resources that address food security, housing stability, and financial sustainability. Email student.life@wwu.edu with your name, W number, and any areas of need (e.g. food insecurity, housing insecurity, financial emergency, technology need, etc.).

[LGBTQ+ Western](#)

Multicultural Center, Viking Union 753 Phone: (360) 650-7500

Works to advance the holistic thriving of diverse LGBTQ+ students, faculty, and staff by collaboratively engaging the university community with transformational knowledge, resources, advocacy, and celebration.

[Student Emergency Fund](#)

Scholarship Center Old Main 285 Phone: (360) 650-2175

Email: scholarshipcenter@wwu.edu

Aids WWU students to alleviate or minimize an unforeseen financial burden (e.g., housing expenses, childcare, medical or dental expenses, transportation/travel expense, unpaid student account charges and technology needs.)

[Student Outreach Services](#)

Old Main 387

Phone: (360) 650-7443

Email: sos@wwu.edu

Serves first-generation, multicultural and non-traditional students and engages students in personalized academic coaching, peer mentoring and specialized programs using a global and multicultural focus to support student persistence and academic achievement.

[Survivor Advocacy Services](#)

Phone: (360) 650-7982

Email: Deidre.Evans@wwu.edu

A confidential resource for Western students who are experiencing or have experienced relationship (domestic, dating, intimate partner) violence or abuse, sexual violence, stalking, and/or sexual harassment.

ADDITIONAL CAMPUS SUPPORT SERVICES (continued)

[Tutoring Center](#)

Wilson Library 280

Phone: (360) 650-3855

Email: Tutoring.Center@wwu.edu

Drop-in tutoring, tutor-led study groups, and individual study skills tutoring to all WWU students, free of charge. Online resources such as the quarterly calendar and other useful links.

[Veteran Services](#)

Wilson Library 165

Phone: (360) 650-3329/ 3324

Email: Veteran.Services@wwu.edu

Supports the military-connected student population with resources that foster academic success and financial resources while promoting student development.