

# STUDENT 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).

## **FOOD ASSISTANCE**

OMA's Food Security Program @SU | 206.296.6070  
<https://www.seattleu.edu/oma/oma-programs/food-security/>

CARE Team offers personalized support which can include financial grants in the form of emergency funds and/or meal cards for purchasing food on campus.  
Contact Dean's of Student's Office at 206-296-6060

Bread of Life Mission  
97 S. Main St. | (206) 682-3579  
Lunch: Mon.- Fri., 12:15pm;  
Dinner: Mon.-Sat., 7:15pm

Byrd Barr Place | 722 18th Ave | [byrdbarrplace.org](http://byrdbarrplace.org)  
Food Pantry hours are available on the website

## **\*EMERGENCY FINANCIAL RESOURCES**

\*Office of the Dean of Students | 206-296-6060

Emergency funds are for unanticipated necessary expenses such as tutoring, textbooks, computers and computer programs for classes, meal-plan or meals, childcare, medical needs, and commuting to internships.

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

45th St. Clinic | Offer sliding scale fees.  
[neighborcare.org/clinics/neighborcare-health-45th-street](http://neighborcare.org/clinics/neighborcare-health-45th-street) | 1629 N 45th St | 206-548-2964

Country Doctor Community Clinic  
Offers sliding scale fees and recommended for youth.  
Spanish spoken | <https://countrydoctor.org/>  
500 19th Ave E | 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/> | 3033, 720 8th Ave S  
206.788.3700

Gay City Health Project Wellness Center  
517 E. Pike St. | 206.860.6969  
<https://www.gaycity.org/wellness/>  
Appointments and walk-ins for free HIV & syphilis testing.

## **IDENTITY BASED COUNSELING & SUPPORT SERVICES**

Campus Ministry | 206.296.6075

A great option to refer students to if they need to talk to someone confidentially.

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.daliusa.com/clients/aacc](http://seattle.daliusa.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 | <https://seattlecounseling.org/>

## **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.dawnrising.org/get-help/resources/](http://www.dawnrising.org/get-help/resources/)

Seattle-King County Domestic Violence Protection Order Site | 206.296.9547

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

Crisis Text Line: Text "Start" to 741741

National Suicide Prevention Lifeline

1-800-273-TALK

## **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.

## **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