

### 24-Hour Safety Resources

If you are experiencing a mental health emergency, call 911 or SU Public Safety at 206-296-6090 immediately.

<a href="#">SU Public Safety Emergency</a>	206-296-5911
<a href="#">SU Public Safety Non-emergency</a>	206-296-5990
<a href="#">Night Hawk Escort/Patrol</a>	206-398-4295
<a href="#">24-Hour Walking Escort</a>	206-296-5990
<a href="#">King County Crisis Clinic</a>	206-461-3222
<a href="#">National Suicide Prevention Lifeline</a>	1-800-273-8255
<a href="#">JED Crisis Text Line</a>	Text "START" to 741741
<a href="#">Veterans Crisis Line</a>	1-800-273-8255 (Press 1)
<a href="#">National Sexual Assault Hotline</a>	1-800-656-4673
<a href="#">The Trevor Project LGBTQ Hotline</a>	1-866-488-7386

### Campus Wellness Resources

[Counseling & Psychological Services](#) (PAVL 120, 206-296-6090) offers free and confidential mental health counseling and referrals for current students. Daily Urgent Care hours at 10am and 3pm are available for students who need more immediate assistance regarding personal distress.

[Campus Ministry](#) (STNC 120, 206-296-6075) provides one-on-one pastoral counseling and spiritual direction.

[CARE Team](#) (Submit online) The Consultation, Assistance, Referral, and Education Team (CARE Team) assesses referrals and initiates appropriate responses to specific behavioral concerns or short-term circumstances.

[Dean of Students](#) (STCN 140, 206-296-6066) connects students with support services and offers opportunities for leadership, student employment, educational programs, and specialized resources.

[Disabilities Services](#) (LOYA 100, 206-296-5740) provides resources for students who are experiencing physical or mental health concerns that may impact academic performance.

[International Student Center](#) (PAVL 160, 206-296-6260) provides assistance regarding immigration, cultural adjustment, and academic support to international students.

[Office of Institutional Equity](#) (LOYA 300, 206-296-2824) oversees and coordinates complaints of discrimination, harassment, sexual misconduct, and related retaliation.

[Office of Multicultural Affairs](#) (PAVL 180, 206-296-6070) works to promote social justice, leadership formation, wellness, and success of students of color and queer students.

[Redhawk Resource Hub](#) (STCN 110, 206-296-6334) provides resources for all students; including, transfer & commuter students, adult learners, military and veteran students, graduate students, and students who are parents.

[Student Health Center](#) (BELL 107, 206-296-6300) provides health care services to students.

[Wellness & Health Promotion](#) (STCN 380, 206-220-8450) provides peer-health education and support.