

## On Campus Resources\*

- **Academic Advising**  
535-7459, [advising@plu.edu](mailto:advising@plu.edu)
- **Academic Assistance**  
535-7518, [learningctr@plu.edu](mailto:learningctr@plu.edu)
- **Campus Ministry**  
535-7464, [cmin@plu.edu](mailto:cmin@plu.edu)
- **Campus Safety** - 535-7441  
**Emergencies: 535-7911**  
[campussafety@plu.edu](mailto:campussafety@plu.edu)
- **Career Connections**  
535-7459, [career@plu.edu](mailto:career@plu.edu)
- **Center for Gender Equity**  
535-8759, [cge@plu.edu](mailto:cge@plu.edu)
- **Couple and Family Therapy Center**  
(located on 323 Garfield St.)  
535-8782
- **Disability Support Services**  
535-7206, [dss@plu.edu](mailto:dss@plu.edu)
- **Health Center**  
535-7337, [health@plu.edu](mailto:health@plu.edu)
- **Student Engagement**  
535-7195, [engage@plu.edu](mailto:engage@plu.edu)
- **Gender Based Violence Advocate**  
535-6304, [cuthbedm@plu.edu](mailto:cuthbedm@plu.edu)

\* all prefixes start with 253

## Off Campus Resources

### **COUNSELING CENTER AFTER-HOURS CRISIS LINE: 253-535-7075**

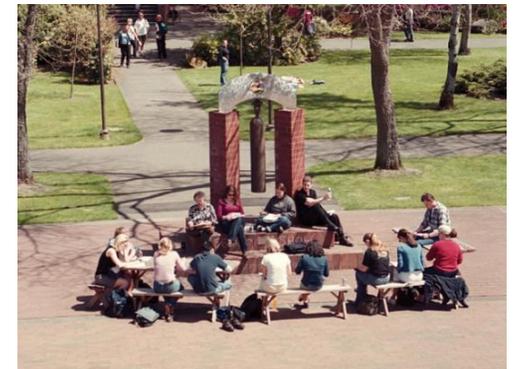
- **Suicide Prevention Hotline**  
1-800-273-TALK or 1-888-628-9454
- **In Pierce County:**  
Pierce County Crisis Clinic  
1-800-576-7764 (24 hour hotline)  
  
Rebuilding Hope: The Sexual Assault Center  
for Pierce County  
253-474-7273 or 1-800-756-7273  
  
Pierce County Domestic Violence Helpline  
(Crystal Judson Family Justice Center)  
253-798-4166 or 1-800-764-2420
- **In King County:**  
Seattle/King County Crisis Clinic  
206-461-3222 or 1-866-427-4747  
  
King County Sexual Assault Resource Center  
1-888-99-VOICE (24 hour hotline)
- **In Thurston County**  
Crisis Clinic for Thurston and Mason Counties  
360-586-2800 or 1-800-627-2211  
  
Crisis Evaluation Services - 360-754-1338



**Pacific Lutheran University  
Counseling Center  
2018-19**



# **Counseling Center**



### **PLU COUNSELING CENTER**

Anderson University Center, Suite 300  
Tacoma, WA 98447

Phone: 253-535-7206

Fax: 253-536-5124

After Hours Crisis Line: 253-535-7075

[counseling@plu.edu](mailto:counseling@plu.edu)  
[www.plu.edu/counseling](http://www.plu.edu/counseling)

## Our Services

Students who are registered and attending classes for the current semester at Pacific Lutheran University are eligible to receive a variety of confidential counseling services through the Counseling Center. All office visits are provided free of charge.

## Our Staff

All staff members are licensed/supervised professionals who offer a wide range of counseling styles and approaches to dealing with many of the normal problems and pressures inherent in college life.

## Individual Counseling

PLU's Counseling Center offers short-term, confidential counseling for individual students. Counselors can also make referrals for long-term therapy, couples therapy, medication, and specialized assessment and services. To schedule a first appointment, please call us at 253-535-7206 or stop by AUC 300.



## The First Appointment

During the intake appointment, you and the counselor will explore the concern(s) you would like to address. The counselor will want to learn more about the overall context of your life, your family history, and your academic progress. Finally, you and the counselor will discuss the next step in terms of counseling and also other resources that may be helpful.

## Workshops/Classes

College is a time of growth, change and challenge which can be both exhilarating and overwhelming. Throughout the year, the Counseling Center provides group workshops and classes on a variety of topics related to self-care and managing every day stressors.



## Walk-In Consultations

The Counseling Center offers a walk-in consultation hour twice a day during the week (M-F), at 10:00-11:00am and 2:00-3:00pm. This is an abbreviated session for students who may have a quick concern or issue they want to problem-solve with a counselor. Walk-in is on a first-come, first-served basis.



## Referring Someone To The Counseling Center

We encourage parents, faculty, staff and peers to refer students who they feel could benefit from our services. However, please be aware that due to confidentiality policies, we cannot schedule an appointment for the student through a third party. The student will need to contact us directly. If you would like to help a student schedule an appointment, you are welcome to walk them to our office, or be with them when he/she makes the initial phone call to our office.

## Confidentiality

The Counseling Center is required by federal and state law, with certain exceptions, to maintain the confidentiality of a student's communication with his/her counselor. A student's information is confidential and will not be shared with anyone outside of the Counseling Center unless the student gives written authorization to do so.