

Outline

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HOW TO USE THE TOOLKIT

This toolkit can be used to access available resources to PLU students. The toolkit will provide you with contact information to the PLU Counselling, wellness and health services, suicide hotline, and community resources. Please use brochure for information and contact your health care provider if you need further assistance

SUICIDE AND SELF-HARM

If you have suicidal thoughts, the following resources are available to you to help you through this time.

- **If you are in an immediate danger, call 911, mental health hotline at 988, or go the nearest emergency room.**
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Text HOME to 741-741 to connect with a crisis counselor at the Crisis Text Line from anywhere in the U.S. It's free, 24/7, and confidential.
- Pierce County: 1800-576-7764 or text 741-741 or visit <https://www.piercecountywa.gov/5859/Behavioral-Health>
- King County: 1-866-4-CRISIS (1-866-427-4747) or 206-461-3222 or visit <https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/mental-health.aspx>
- Veterans and family members: 1-800-273-8255 (then PRESS 1).
- If you're outside the United States, please visit The International Association for Suicide Prevention website at iasp.info

PLU COUNSELING, HEALTH & WELLNESS SERVICES

PLU Health and wellness Services

<https://www.plu.edu/chws/>

Thriving Campus

- Makes it easier for you to find providers in your local community, in any state- plu.thrivingcampus.com

Proactive Care Services

Helpful videos

- Resilience Training- <https://www.youtube.com/watch?v=xPaY1Kel4to>
- Self-Regulation Overview- <https://www.youtube.com/watch?v=DsCbzHGZ6ys>
- Breath of Life- <https://www.youtube.com/watch?v=QSHxWZm9hT0>

Support When Offices Are Closed

For urgent mental health support when offices are closed, please call the After-Hours Crisis Line at 253-535-7075.

For urgent medical assistance after hours, please call the Consulting Nurse line at 253-792-6410.

Additional resources listed below at "**24/7 Support**" or click the image below to access Lute Telehealth online services.



LUTE TELEHEALTH
24/7 medical & mental health services for students

24/7 Support

PLU students have the following additional options for receiving medical and mental health services:

Lute Telehealth

All currently enrolled students may access **Lute Telehealth** services (free account activation required – use PLU credentials). Lute Telehealth provides a broader range of options for the PLU student (e.g., access to care for students currently located out of state, broader diversity of provider characteristics, and appointment availability).

- For students living out-of-state, please use Lute Telehealth to be connected to a counselor or medical provider.
- Lute Telehealth provides easy access to medical and mental health services (online or by telephone) at any time via on-demand and scheduled appointments. We encourage you to connect with this service as it fits for you.

Counseling Center Crisis Line

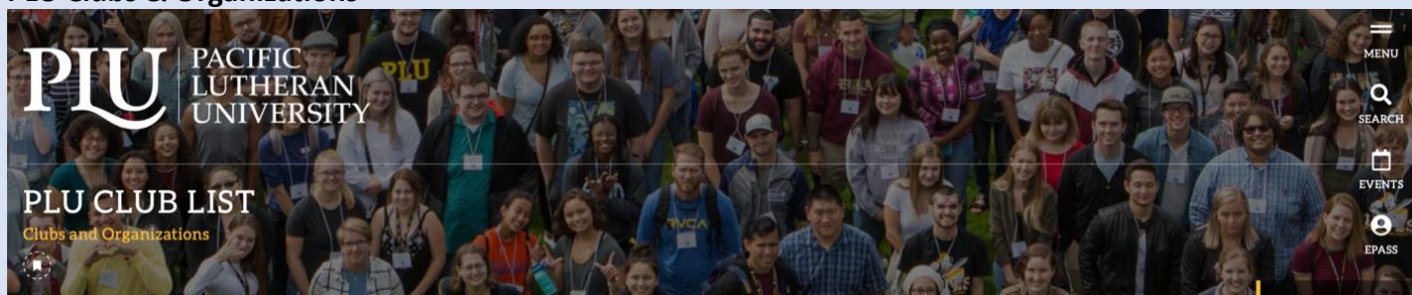
Students in need of urgent mental health support have access 24-hours a day to telephone-based support. The Crisis Line provides a triage service to assess the nature of student's presenting concerns and help students identify next steps to support their health and safety.

- Call (253) 535-7075 to speak with a counselor immediately.

PLU Diversity Center

- The Diversity Center is committed to empowering the PLU community to engage in dialogue, programs, and initiatives that promote and enhance equity, agency, and action.
- Visit the PLU diversity website at <https://www.plu.edu/diversity-center/>

PLU Clubs & Organizations



Find clubs and organizations that fit your interest at <https://www.plu.edu/clubs/club-list/>

MENTAL HEALTH RESOURCES

Asian Counseling Services In Pierce County (MultiCare)

4301 S Pine St, Suite 456 Tacoma WA 98409

253-301-5250

Website: <https://www.multicare.org/services-and-departments/behavioral-health/behavioral-health-programs/adult-programs/behavioral-health-programs-adults-asian/>

Castele Williams & Associates

711 S 25th Street Tacoma WA 98405

253-536-2881

Website: <https://www.castelewilliamsdbh.com>

Comprehensive Life Resources (CLR)

1305 Tacoma Ave S, Suite 201 Tacoma WA 98402

253-396-5800

Website: <https://www.comprehensiveliferesources.org>

Consejo Counseling & Referral Services

5915 Orchard St. W Tacoma WA 98467

253-414-7461

Website: <http://consejocounseling.org>

Foundation For Multicultural Solutions (El Camino)

2316 S. State St., Ste B Tacoma WA 98405

253-572-3214

Website: <https://www.fms-elcamino.org>

Greater Lakes Mental Healthcare

9330 59th Ave SW Lakewood WA 98499

253-581-7020

Website: <https://www.glmhc.org>

HopeSparks

6424 North 9th Street Tacoma WA 98406

253-565-4484

Website: <https://hopesparks.org>

Luckett House

1701 13th Street SE Lakewood WA 98372

253-848-0880

Website: <https://www.multicare.org/services-and-departments/behavioral-health/behavioral-health-programs/adult-programs/behavioral-health-programs-adults-specialty/>

MDC E&T

945 Fawcett Ave Tacoma WA 98402

253-284-7846

Website: <https://mdc-hope.org/mental-health/>

Mobile Outreach Crisis Team (MOCT)

Tacoma WA

800-576-7764

Website: <https://www.multicare.org/services-and-departments/behavioral-health/behavioral-health-contact/pierce-county-crisis-line/>

MultiCare Lakewood Clinic

5700 100th St SW, Suite 510 Lakewood WA 98499

888-445-8120

Website: <https://www.multicare.org/services-and-departments/behavioral-health/behavioral-health-contact/behavioral-health-locations/>

New Journeys (First Episode Psychosis)

Tacoma WA
253-396-5070

Website: <https://www.comprehensiveliferesources.org/new-journeys>

Park Place

610 Yakima Ave Tacoma WA 98405
253-396-5246

Website: <https://www.comprehensiveliferesources.org/park-place>

Peer Bridger

4210 20th St, Suite B&C Fife WA 98424
253-235-5216

Website: <https://riinternational.com/listing/peer-bridgers-washington/>

Peer Bridger Telecare

Tacoma WA
253-589-5334

Pierce County Alliance

510 Tacoma Ave S. Tacoma WA 98402
253-572-4750

Website: <https://piercecounyalliance.org>

Pioneer Counseling - Fawcett Clinic

758 St. Helen's Ave Tacoma WA 98402
253-274-0487

Website: <https://pioneerhumanservices.org>

Prosperity Wellness Center - Inpatient

5001 112 St. E. Tacoma WA 98446
253-531-2103

Website: <https://prosperitywellnesscenter.com>

Sea Mar Lakewood Behavioral Health Center

7424 Bridgeport Way W. Suite 305 Lakewood WA 98499
253-246-6820

Website: <https://www.seamar.org/pierce-bh-lakewood.html>

Sea Mar Tacoma Behavioral Health Center

1112 S. Cushman Tacoma WA 98405
253-280-9805

Website: <https://www.seamar.org/pierce-bh-tacoma-cushman.html>

Telecare Community Alternative Teams (TCAT)

3901 S. Fife St, Suite 301 Tacoma WA 984253-589-5334

Website: <https://www.telecarecorp.com/telecare-community-alternative-teams-tcat>

The Recovery Center E&T

14016 South A Street Parkland WA 98444
253-503-3649

Website: <https://www.glmhc.org/services/adults/>

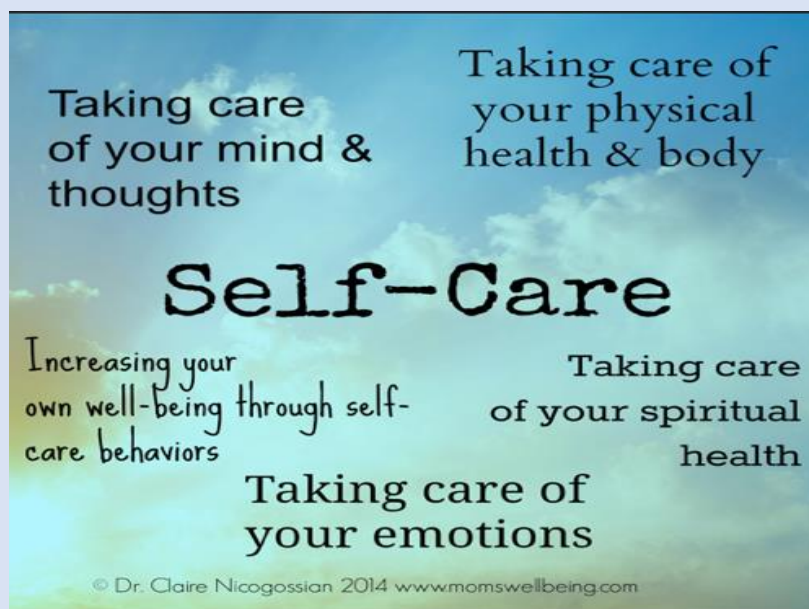
SUPPORT GROUPS



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- Anxiety and Depression Support- <https://healthunlocked.com/anxiety-depression-support/about>
- Depression and Bipolar Support Alliance- <https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/?state=WA>
- Active Minds- <https://www.activeminds.org>; email: info@activeminds.org

SELF-CARE RESOURCES



PLU Lute Sports

Do you have a passion for sports. Join the a PLU team at <https://golutes.com/>

PLU Fitness Center

Find a class at- <https://www.plu.edu/recreations/pool/group-exercise/>

Some available classes include:

Calendar
Classes
MENU

Boot Camp View Sessions

Duration: 1 Hours
 Where: Memorial Gymnasium
 Description: A combination of HIIT (High Intensity Interval Training) and circuit training. Challenging strength and endurance to help reach fitness goals. Lisa (the instructor) offers modifications of the exercise to accommodate beginners, advanced exercisers, and those with specific limitations and be welcoming to all participants.

Drop in Soccer View Sessions

Duration: 2 Hours 45 Minutes
 Where: Field House, AstroTurf
 Description:

Spin Class View Sessions

Duration: 45 Minutes
 Where: Memorial Gym Court 1, Wood
 Description: Spin is a full body workout and a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging 45-minute ride with fun energizing music. It's the perfect opportunity to get your heart pumping while you burn some serious calories.

Yoga View Sessions

Duration: 1 Hours
 Where: Memorial Gymnasium
 Description: This ancient discipline has become a staple in the fitness community. The ultimate goal in yoga is to achieve a balance in mind, body, and spirit. Yoga is known to relieve stress by creating focus and relaxation, strengthen and add flexibility to the body, clear the body of toxins by massaging the internal organs, and relieve pain. Our goal is to help you achieve a balanced body that is strong, flexible, and free from pain. Let's have fun!

Zumba View Sessions

Duration: 1 Hours
 Where: Memorial Gymnasium
 Description: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits
 A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Fun Places to visit

Point Defiance Park

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

Point Defiance Zoo & Aquarium connects you with animal wonder and experiences

Ruston Way

<https://www.metroparkstacoma.org/place/ruston-way/>

This two-mile-long scenic waterfront with panoramic views of Commencement Bay is a great place for walking, jogging, rollerblading, and fishing.

Spanaway Park

<https://www.piercecountywa.gov/1336/Spanaway-Park>

Explore a multitude of aquatic recreation opportunities, including two swimming beaches (no lifeguards), a boat launch, a fishing pier, picnic area, boat ramp, ADA playground equipment with a seating plaza, and a three-mile trail system by Little Spanaway Lake. The park also features softball fields, basketball courts, a children's play area, and walking trails. In the holiday season, it is home to Fantasy Lights Walk and Fantasy Lights, the largest drive-through holiday display in the Northwest.

Northwest Trek

<https://www.nwtrek.org>

Since 1975, Northwest Trek Wildlife Park has been the best place to see native Northwest wildlife.

Lakewold Gardens

<https://lakewoldgardens.org>

Discover an Enchanted Garden and support access to the arts while growing an inclusive community

Billy Frank Jr. Nisqually National Wildlife Refuge

<https://www.fws.gov/refuge/billy-frank-jr-nisqually>

Billy Frank Jr. Nisqually National Wildlife Refuge is the destination to connect with nature. Year-round trails meander through a diversity of habitats, and visitors can experience exceptional wildlife viewing opportunities. Exhibits in the Visitor Center provide an overview of the Nisqually River Delta, and volunteers provide updated wildlife sightings. A highlight for your visit is walking the mile-long Nisqually Estuary Boardwalk that extends over the estuary, making each visit different with the fluctuating tide

Washington State Historical Society

<https://www.washingtonhistory.org/visit/history-museum-hours-and-admission/>

Explore Washington's people, places, and impacts on the world through interactive exhibitions and dynamic events.

Tacoma Art Museum

<https://www.tacomaartmuseum.org>

Tacoma Art Museum transforms our communities by sharing art that inspires broader perspectives and cultivates a compassionate future.

Museum of flight

<https://www.museumofflight.org>

Travel through time and space! The Museum of Flight is full of an incredible collection of aircraft, spacecraft, artifacts, galleries, exhibits, facts and stories that embody the past, present and future of flight.

Space Needle

<https://www.spaceneedle.com>

Experience two entirely new levels of thrills! From an all-glass floor on the lower level to floor-to-ceiling glass on the upper level, Seattle's "must see" is now a "must do."

Seattle Center Monorail

<https://www.seattlemonorail.com>

The nation's first full-scale commercial monorail system and a beloved Seattle landmark. The Monorail provides a fun, quick, and convenient link between downtown Seattle and Seattle Center, home to the Space Needle, Pacific Science Center, Museum of Pop Culture, The Children's Museum, and a host of theatrical and cultural experiences.

Museum of Pop Culture (MoPOP)

<https://visitseattle.org/partners/museum-of-pop-culture-mopop-pd/>

MoPOP is housed in a 140,000 square foot Frank O. Gehry-designed building. A fusion of textures and myriad colors, MoPOP's exterior conveys all the energy and fluidity of the rock 'n' roll artistry and history that originally inspired the institution.

Pacific Science Center

<https://visitseattle.org/partners/pacific-science-center-pd/>

PacSci brings science to life through hands-on exhibits and activities. Experience ground-breaking virtual reality technologies, the Tropical Butterfly House, or a planetarium show.

Chihuly Garden and Glass

<https://visitseattle.org/partners/chihuly-garden-and-glass-2/>

This unique setting includes an eight gallery Exhibition surrounded by a richly landscaped Garden and a centerpiece Glasshouse featuring an expansive 100-foot-long sculpture in a color palette of reds, oranges, yellows and ambers. Delight in this exquisite Exhibition which provides a look at the inspiration and influences that inform the career of artist Dale Chihuly.

Pike Place Market

<https://www.pikeplacemarket.org>

Considered by many "the soul of Seattle," the Market spans nine historic acres in the center of downtown where everyday locals and tourists alike shop, visit, eat and discover.

Seattle Art Museum

<https://www.seattleartmuseum.org>

SAM has been the center for world-class visual arts in the Pacific Northwest since 1933.

Smith Tower

<https://www.smithtower.com>

In 1914, Smith Tower became the first skyscraper in Seattle and the tallest building west of the Mississippi River. For more than one hundred years, it has remained a cultural icon of the city, offering breathtaking, panoramic views and spectacular architectural beauty. Today, it features a unique visitor experience including a ground-floor gathering place with gifts, souvenirs, and treats; historical exhibits telling tales through time; and an Observatory with an open-air observation deck, 360-degree views of Seattle and beyond, and a speakeasy-style bar where you can enjoy a locally-inspired menu of shareable plates and classic cocktails.

Seattle Aquarium

<https://www.seattleaquarium.org>

The region's premier resource for hands-on marine experiences and conservation education, the Seattle Aquarium offers fun, exciting ways to discover more about the amazing Puget Sound and our world's one big ocean.

Washington State Ferries

<https://wsdot.wa.gov/travel/washington-state-ferries>

A ride across Puget Sound aboard one of 22 Washington State Ferries vessels

Shopping Centers



Proctor Farmers' Market: <http://www.proctorfarmersmarket.com>

Puyallup Farmers' Market: <https://www.puyallupmainstreet.com/puyallup-farmers-market/>

Olympia Farmers' Market: <https://www.olympiafarmersmarket.com>

Point Ruston: <https://www.pointruston.com>

Point Ruston, a waterfront resort-inspired village with panoramic views of the South Puget Sound, the Olympic Mountains and Mount Rainier, will be a place to experience the best in Pacific NW living, dining, shopping, recreation, and entertainment.

Hiking Trails



- *Rattlesnake Ledge*
- *The Twin Falls Trail*
- *Coal Creek Falls*
- *Poo Poo Point*
- *The Snow Lake (and Gem Lake) Trail*
- *The Mount Si Trail*
- *The Little Si Trail*
- *The Mount Fremont Lookout Trail*
- *The Naches Peak Loop*
- *The Spray Park Trail*
- *The Tolmie Peak Trail*
- *The Burroughs Mountain Trail*
- *The Skyline Loop Trail*