

Outline

How to use the Toolkit page 2
Suicide and self-harm resources..... page 2
PLU Counseling, Health & Wellness Services..... pages 2-3
Mental health Resources..... page 4-8
Support groups..... page 9
Self-care resources..... page 9-12

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 And Treatment Services (ACTS)

8811 S. Tacoma Way Ste. #106 Lakewood WA 98499
253-302-3826

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>

Gig Harbor Counseling

5122 Olympic Dr. NW, Suite A105 Gig Harbor WA 98335
253-851-2552

Website: <https://www.olalla.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>

HopeSparks Children's Development Services

6316 South 12th Street Tacoma WA 98465
253-565-4487

Lockett 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 Community Intervention Response Team

Tacoma WA

253-396-5015

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

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 Behavioral Health

325 East Pioneer Ave Puyallup WA 98372

253-445-8120

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

MultiCare Chemical Dependency Services

2201 S. 19ths St., Ste 104 Tacoma WA 98405

253-456-6868

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

MultiCare Gig Harbor Medical Park

4545 Point Fosdick Dr Gig Harbor WA 98335

888-445-8120

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

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/>

MultiCare Nothshore Clinic

4215 49th Ave NE Tacoma WA 98422

888-445-8120

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

MultiCare South Hill Clinic

16515 Meridian Ave Puyallup WA 98375

888-445-8120

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

MultiCare Spanaway Clinic

225 176th St S. Spanaway WA 98387
888-445-8120

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

MultiCare Sumner Medical Associates

5814 Graham Ave Sumner WA 98390
888-445-8120

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

MultiCare Tacoma Family Medicine Clinic

521 MLK Jr. Way Tacoma WA 98405
888-445-8120

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

MultiCare West Tacoma Family Medicine

2209 N Pearl St, Suite 100 Tacoma WA 98407
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>

Olalla Guest Lodge

12851 Lala Cove Lane SE Olalla WA 98359
253-857-6201

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

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://piercetyalliance.org>

Pioneer Counseling - Fawcett Clinic

758 St. Helen's Ave Tacoma WA 98402

253-274-0487

Website: <https://pioneerhumanservices.org>

Program For Assertive Community Treatment

Tacoma WA

253-301-5220

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

Projects For Assistance In Transition From Homeless (Path)

Tacoma WA

253-396-5065

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

Prosperity Wellness Center - Inpatient

5001 112 St. E. Tacoma WA 98446

253-531-2103

Website: <https://prosperitywellnesscenter.com>

Prosperity Wellness Center - Outpatient And Admissions

12201 Pacific Ave S. Tacoma WA 98444

253-531-2103

Website: <https://prosperitywellnesscenter.com>

Recovery Response Center

2150 Freeman Rd E. Fife WA 98424

253-942-5644

Website: <https://riinternational.com/listing/recovery-response-center-fife/>

Sea Mar Gig Harbor Behavioral Health Center

3208 50th Street Ct NW, Building C, Ste 202, Gig Harbor WA 98335

253-280-9888

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

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 Puyallup Behavioral Health Center

12812 101st Ave Court E., Suite 202 Puyallup WA 98373

253-864-4770

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

Sea Mar Tacoma Behavioral Health Center

2121 S. 19th St. Tacoma WA 98405

253-396-1634

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

Sea Mar Tacoma Behavioral Health Clinic - 11th Street

1307 S. 11th St. Tacoma WA 98405

253-682-2180

Website: <https://www.seamar.org/pierce-bh-tacoma-11.html>

Seeley Lake Lodge

9108 Lakewood Dr SW Lakewood WA 98499

253-581-7020

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

Tacoma Behavioral Health Child And Family Services

2121 S. 19th St. Tacoma WA 98405

253-280-9830

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

Tacoma Behavioral Health Clinic - Parenting In Recovery

7424 Bridgeport Way W. Suite 305 Lakewood WA 98499

253-246-6820

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

Tacoma Fire Department CARES (TFD CARES)

Tacoma WA

253-591-5201

Website: <https://www.cityoftacoma.org/cms/one.aspx?pagelId=8021>

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>

Telecare E&T

7224 Pacific Hwy E. Milton WA 98354

253-220-6183

Website: <https://www.telecarecorp.com/pierce-county-et>

The Recovery Center E&T

14016 South A Street Parkland WA 98444

253-503-3649

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

Youth Crisis Outreach Team

Tacoma WA

800-576-7764

Website: <https://ccsww.org/get-help/child-youth-family-services/family-behavioral-health/tacoma-family-behavioral-health/>

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 Fitness Center:

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

The screenshot shows a web interface for the PLU Fitness Center. At the top, there are tabs for 'Calendar' and 'Classes', and a search bar labeled 'Search Fitness Class'. Below the search bar, five class listings are displayed, each with a 'View Sessions' button. The classes are:

- Boot Camp:** 1 Hour, 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:** 2 Hours 45 Minutes, Field House, AstroTurf.
- Spin Class:** 45 Minutes, 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:** 1 Hour, 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:** 1 Hour, 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.

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>

Seattle Center Monorail is 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.

Pacific Northwest Ballet

<https://visitseattle.org/partners/pacific-northwest-ballet-pd/>

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.

Central Public Library- Seattle

<https://www.spl.org/hours-and-locations/central-library>

The 11-floor building contains an innovative "Books Spiral," a 275-seat auditorium, and open spaces where patrons can meet, study, search the web or read. The library has centers for children, teens, and adult readers, along with expanded collections and a large computer lab

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

The center for wooden boats

<https://www.cwb.org>

Get out on the water at The Center for Wooden Boats, which offers rentals and tours.

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*