Intercultural Center
The Intercultural Center seeks to foster intercultural awareness, inclusiveness and respect for all in the Whitman Community. The Intercultural Center Team provides academic and social support for multicultural and international students. Additionally, translation services for more than thirty languages can be accessed through the Center’s Language Bank.

509.527.5596 | aikenssl@whitman.edu | Reid 216

LGBTQI Resources
Whitman GLBTQ Club | glbtq@whitman.edu
Counseling Center | 527.5195
Intercultural Center | 526-3021
Blue Mountain Heart-to-Heart (HIV/AIDS support) | 529.4744
PFLAG (Parents, Families & Friends, of Lesbians and Gays) | 529.4459
Washington Gender Alliance-Transgender Support | 360-445-2411
Triple Point at Children’s Home Society (support group for LGBTQ youth and allies) | 529-9922

Peer Listeners
A campus stress relief resource. Whitman Peer Listeners is a student run organization through the Whitman College Counseling Center. Our mission is to foster emotional well-being on campus through programming and peer-to-peer interaction.

509.527-5195 | methenma@whitman.edu
Program Adviser: Marie Metheny
Student Leader: Colleen Boken | bokencj@whitman.edu

Religious & Spiritual Life
Adam Kirtley works to facilitate religious life and promote religious and spiritual diversity on campus.

509.522.4449 | kirtleam@whitman.edu | Reid 216

Residence Life and Housing
Living at Whitman encourages close-knit friendships and lots of them. From the first day, you become an integral part of the Whitman community.

509.527.5297 | on_campus_housing@whitman.edu
130 Memorial Hall

sober@whitman.edu
We are a small confidential group of members of the Whitman community—students, faculty, staff, local alumni are all welcome—who meet weekly to support each other in recovery from addiction(s).

If you are an addict or alcoholic working to stay sober, or you want to explore seriously the question of whether or not you have a problem with drugs and/or alcohol, you are welcome to us join us.

If you want to learn more, email sober@whitman.edu.

More Resources on Back
Sexual Assault Victim’s Advocate (SAVA)
Jessica Matthews, MPH: YWCA
Hunter 406 | (509) 526-3032 | sava@ywcaww.org

Jessica, as an independent-from-Whitman advocate employed by the YWCA, is a confidential resource and NOT obligated to report to the College when she learns of incidents of sex or gender based harassment, discrimination or violence. Please call for office hours. She is also available by appointment.

YWCA Sexual Assault Support Group for Whitman Students: contact sava@ywcaww.org

Sexual Misconduct Prevention & Response Network | Green Dot
Sexual Misconduct is a serious issue which has the potential to disrupt a student’s academic, emotional, physical and social well-being. Whitman College is committed to ending sexual misconduct one GREEN DOT at a time. Check out the GREEN DOT site to learn how your individual choices at any given moment can make our campus safer!

Barbara Maxwell | Reid 202
maxwelba@whitman.edu
w) 509.527.5208 h) 509.529.1082
GREEN DOT link: www.whitman.edu/greendot

Community Resources:
Walla Walla Police 54 E Moore | 911 (Emergency)
509.527-1960 (Non-Emergency)
YWCA 213 S. 1st Ave. | 24-hr hotline 509-529.9922
Planned Parenthood 828 1st St | 509.529.3570

Student Engagement Center
The Student Engagement Center brings together Career Development and Community Service to give students quality experiences that nurture and grow their interests and skills. The SEC is your one stop shop for internships, career counseling, volunteer opportunities, and more.
Office Hours: Mon-Fri: 8am-5:30 pm
509.527.5183 | SEC_info@whitman.edu | Reid 219

Thrive
The purpose of our club is to dismantle mental health stigma on Whitman’s campus and at large. Our events are targeted to discussing and dismantling stereotypes of mental health. Our meetings seek to provide a safe space for those who identify as having a mental health issue or disorder along with allies.

Contact Information available on Whitman College’s Thrive Webpage

Title IX
Federal Law: “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.” For more information, contact:
Julia Dunn, Associate Dean of Students (obligated to report)
Title IX Administrator
509.524.2049 | dunnj@whitman.edu | 330 Memorial

The Center for Writing and Speaking
The Center for Writing and Speaking (CWS) is committed to developing Whitman students’ writing and speaking skills. The CWS employs trained student tutors who provide one-on-one consultation in academic writing and speaking to all Whitman students’ communication competence.

The Center for Writing and Speaking Hours:
Please check website for hours
509.527.5699 | Lydia McDermott | Olin 191

Community and National Resources
Walla Walla Crisis Response Team | 522-4278
National Suicide Prevention Hotline | 1-800-273-TALK
Anorexia & Bulimia Hotline | 1-800-452-5413
Alcoholics Anonymous | 522-5059
Blue Mountain Heart to Heart (HIV/AIDS support) | 529-4744
Narcotics Anonymous | 522-7842
Planned Parenthood | 1-800-230-PLAN
PFLAG (Parents, Families & Friends, of Lesbians and Gays) | 529-4459
Pregnancy Talkline | 1-800-342-6688
The Trevor Helpline | 1-866-4-U-TREVOR/1-866-488-7386 (LGBTQ)
WA Alcohol & Drug 24-hr Hotline | 1-800-278-2558
Washington Gender Alliance | 360-445-2411
YWCA 24-hr Crisis Line (For Abused Women) | 529-9922
YWCA Sexual Assault Support Group for Whitman Students: contact sava@ywcaww.org

Substance Monitoring | Apps
Baccards.com | Alcohol Monitoring App
Ween | Marijuana Usage Tracking App

Mental Health Smartphone Apps
What’s Up?
SAM App
Sleep Cycle
Apps Reviewed by ADAA (Anxiety and Depression of America)
Breathe2Relax | Headspace (meditation) | Live OCD Free
MindShift | MoodTools | Pacifica | Panic Relief
Self-Help Anxiety Management | T2 Mood Tracker

Other Helpful Resources
Need Help Now? Text “START” to 741-741 or call 1-800-273-TALK (8255)
Emotional Health at College/Transition Year
www.transitionyear.org

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