

# Whitman College

## Student Resources

### Academic Resource Center (ARC)

The place to go for academic support: academic counseling, tutoring, disability services, personalized guidance in study skills, schedule planning, goal definition, concentration, motivation and test preparation.

509.527.5213 | arc@whitman.edu | Memorial

### Counseling Center

Short-term personal and psychological counseling by professionally trained counselors is available to all students at no charge. Counselors assist individuals and groups with personal concerns, interpersonal relationships, and other areas of concern or interest. All counseling is entirely confidential.

*Counseling Center Drop in Times:*

Monday, Tuesday 1-3

Wednesday, Thursday 9-11

First come, first served.

509.527.5195 | gonzalkm@whitman.edu

502 Boyer Ave.

### Campus Security

Dial 509.527.5777 (ext. 5777) from any campus phone

All information that passes through the Security Office is considered confidential and is not passed on to uninvolved parties.

### Dean of Students Office

Dean of Students: Kazi Joshua

Assistant to the Dean: Bridget Jacobson

509.527.5158 | jacobsbk@whitman.edu

### Financial Aid Services

Penrose House, 515 Boyer Avenue

509.527.5178 | finaid@whitman.edu

### Health Center

Open 24/7

All clinics are on a walk-in basis, nurse triage prior to seeing a physician.

Call or check website to get physicians' drop in schedule.

509.527.5282 | Nurse Line

redmann@whitman.edu

Welty Center, 11 Merriam

### 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](mailto: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](http://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 | dunnjl@whitman.edu | 330 Memorial

## The Center for Writing and Speaking

The Center for Writing and Speaking (COWS) is committed to developing Whitman students' writing and speaking skills. The COWS 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](http://www.transitionyear.org)