



## Helpful Resources for Washburn Tech Students

### WU Tech Assistant Dean and Director of Student Services

Building A, Room AC 117, Phone: **785-670-3357** or by email [steven.bryant@washburn.edu](mailto:steven.bryant@washburn.edu)

- Receives complaints and concerns from students when it involves staff, instructors, processes, or policies
- explains the formal WU Tech complaint process

### WU Tech Campus Police 5724 SW Huntoon St., Building A, Room AE110 **785-670-3319**

### WU Tech Career Navigator 5724 SW Huntoon Street, Building A, room 100 b

- Morgan Eggert, Manager, by phone **785-670-2010**

### WU Tech Emergency Assistance/Services

- WU Tech Campus Advocate email [techadvocate@washburn.edu](mailto:techadvocate@washburn.edu)
- Care Closet, contact Campus Advocate or Dr. Steve Bryant at **785-670-3357**
- Bods Feeding Bods Food and Commodities Pantry, contact Campus Advocate

### WU Tech Financial Aid Office **785-670-3360**

### WU Tech Student Accommodation Services Shelley Bearman, **785-670-3364** (Direct Line)

### WU Tech Student Services **785-670-2010**

### WU Counseling Services Available to WU Tech Students located at 1700 College Street, Kuehne Hall, Room 100, Topeka, KS 66621, **785-670-3100** (call before visiting)

- FREE campus assessment, therapy sessions to Washburn Tech students and high school students with signed parental consent
- FREE, 24/7 crisis counseling by phone, dial 785-670-3100, select option 2, must provide a valid WU Tech ID number

### WU Health Services Available to all WU Tech students located at 1700 College Street, Morgan Hall, Room 140, Topeka, KS 66621 **785-670-1470** (call before visiting)

- FREE campus health services, and STI screening available for a minimum fee

### WU Title IX and Equal Opportunity Office 1700 SW College Avenue, Morgan Hall, President's Suite, Topeka, KS 66621 **785-670-1509**

- File a request to investigate campus sexual assault incident
- File a request to investigate campus discrimination

### WU Tech Veterans Services Contact Chris Bowers by email at [chris.bowers@washburn.edu](mailto:chris.bowers@washburn.edu)

### Doorstep Emergency services for rent, **785-357-5341**

### Crisis Text Line 24/7 free resource for anyone experiencing a crisis. **Text KANSAS** to **741741** to exchange discreet, confidential messages with a trained crisis counselor

### Kansas Service and Guidance Center (for minors, requires parent consent) 24/7 free crisis services, 800 SW Lane Street, Topeka, KS 66606, **785-232-5005**, email [fsgc@fsgctopeka.com](mailto:fsgc@fsgctopeka.com)

### Let's Help Emergency services for lights, rent, free hot meals and clothing, **785-234-6208**

National Sexual Assault Hotline (RAINN) Free chat online or call a trained staff member who can provide you confidential crisis support by phone call **800-565-4673 (HOPE)** and mobile app, found in your app store under “RAINN”

National Suicide Prevention Lifeline The FREE National Suicide Prevention Lifeline is available at all times by calling **800-273-8255**, Ayuda En Española: **1-888-628-9454**, Deaf or hard of hearing: **TTY line available 24/7 1-800-799-4889**

Steve Fund A special keyword, **STEVE**, that young people of color can **text to 742741** to connect with a trained crisis counselor, 24/7, confidentially, for free

StrongHearts Native Helpline FREE 24/7 confidential culturally-appropriate helpline for Native Americans **844-762-8486**

Shawnee County Health Agency **785-368-2000**

St. Francis Health **785-295-8090**

Stormont Vail Health **785-354-6100**

Stormont Vail Behavioral Health Center Outpatient appointments call **785-270-4630**, for the inpatient program call **785-270-4646**

Stormont Vail SANE/SART Sexual Assault Nurse 1500 SW 10<sup>th</sup> Ave., Topeka, KS 66604, Provides immediate, compassionate care to victims of sexual assault 24/7, **785-354-6000**, **Español 785-692-3054**

- Visit the Emergency Department and ask for Trauma and Emergency Nursing

Topeka Alcoholics Anonymous 785-235-2226

Topeka Rescue Mission Free housing and meal, 785-354-1744

Trans Lifeline Hotline for transgender people experiencing crisis. Staffed by transgender people. **877-565-8860**

Trevor Project FREE 24/7 crisis intervention and suicide prevention services for LGBTQ people. Phone **866-488-7386** anytime or **text START to 678678**

United Way of Greater Topeka **785-273-4804**, <http://unitedwaytopeka.org> (website), [contact@unitedwaytopeka.org](mailto:contact@unitedwaytopeka.org) (email)

Valeo 24-hour Crisis Hotline 330 SW Oakley Ave., Topeka, KS 66606 provides comprehensive mental health and substance abuse services for adults, accepts KanCare

- Walk-in assessment available at 400 SW Oakley, M – F, 8:00 AM to 3:00 PM
- Non-emergency call **785-233-1730**
- Free Emergency 24/7 call **785-234-3300**

Veterans Crisis Line (National) Veterans Crisis Line offers free 24/7 phone, chat, and text services for veterans. Call **800-173-8225** and press 1 or send a **text to 838255**

YWCA Center for Safety and Empowerment FREE, confidential services for sexual assault and domestic violence survivors **1-888-822-2983**

#### Free Phone Apps:

Anxiety – Mindshift

Emotional Regulation – PTSD Coach

OCD – nOCD

Eating Disorder Recovery – Rise Up and Recover

Suicide Prevention – Virtual Hope Box