

WHATCOM COMMUNITY COLLEGE

COUNSELING OFFICE PROVIDES ASSISTANCE WITH

- Academic success strategies
 - Stress management
 - Test anxiety
- Problem solving and decision making
- Life Stressors
- Grief and Loss
- Relationship Issues
- Depression and Anxiety
- Referral to Community Services
 - Substance Use Disorders
 - Eating Disorders
 - Trauma Focused Counseling

SCHEDULE AN APPOINTMENT

CONTACT

Margaret Vlahos, Counselor
Paul Curd, Counselor
Dawn Gallardo, Counselor

COUNSELING OFFICE

Laidlaw Center, Room 134
360.383.3139
counseling@whatcom.edu
whatcom.edu/counseling



COMMUNITY RESOURCE

FREE CONFIDENTIAL INFORMATION & REFERRAL

211.org | 800.223.8145 | TTY 425.339.3301

HELP WITH:

- food
- housing
- employment
- health care
- counseling
- and more

AVAILABLE IN ALTERNATE FORMAT

Contact Access & Disability Services at
360.383.3139
or via video phone for deaf callers at
360.255.7182

WCC CONTACT INFORMATION

Whatcom Community College
237 West Kellogg Road,
Bellingham, WA 98226

360.383.3000 | VP: 360.255.7182 | Fax: 360.383.4000

whatcom.edu

For campus map, see:
whatcom.edu/campusmap

Whatcom
COMMUNITY COLLEGE

Notice of Non-Discrimination

Whatcom Community College does not discriminate on the basis of race, color, national origin, religion, sex, disability, honorably discharged veteran or military status, sexual orientation, gender identity, gender presentation, ancestry, ethnicity, family status, immigration status, socioeconomic status, genetic information or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies and Title IX compliance: Executive Director for Human Resources, 237 W. Kellogg Road, Bellingham, WA 98226, 360.383.3400. WCC publications are available in alternate formats upon request by contacting the Disability Support Services Office at 360.383.3080; VP 360.255.7182.

WHATCOM COMMUNITY COLLEGE

Whatcom COMMUNITY RESOURCES



988
Suicide &
Crisis Lifeline

Whatcom
COMMUNITY COLLEGE
COUNSELING

WHATCOM COMMUNITY RESOURCES



ABUSE ASSAULT / DOMESTIC VIOLENCE

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

dvsas.org **360.715.1563 or 877.715.1563**

- Confidential Services
- Support for domestic violence victims
- Support for sexual assault victims
- Emergency shelter for victims of domestic violence
- Advocacy for victims of domestic violence

ALCOHOL / SUBSTANCE ABUSE

ALCOHOL/DRUG HELP LINE

adh1.org **206.722.3700**

ALCOHOLICS ANONYMOUS (AA) WHATCOM COUNTY

whatcomaa.org **360.734.1688**

- Local group meetings

NARCOTICS ANONYMOUS

nwwana.org **360.647.3234 – 24-hour help line**

- Local group meetings

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION

samhsa.gov/find-help **800.662.4357**

CAREER AND JOB INFORMATION

WHATCOM COMMUNITY COLLEGE CAREER CENTER

whatcom.edu/careers **360.383.3055**

WORKSOURCE – WHATCOM CAREER CENTER

worksourcewa.com **360.676.1521**

GOODWILL

seattlegoodwill.org **360.738.0483**
1115 E. Sunset Drive

DENTAL CARE

BELLINGHAM TECHNICAL COLLEGE DENTAL CLINIC

btc.edu **360.752.8349**

- Low cost dental care for the public

UNITY CARE NW

unitycarenw.org **360.676.6177**

- Dental care for low income
- Sliding scale fee

SEA MAR COMMUNITY HEALTH CENTER

seamar.org **360.788.7101**

- Dental care for low income
- Sliding scale fee

FAMILY AND YOUTH SERVICES

CATHOLIC COMMUNITY SERVICES

ccsww.org **360.676.2164**

Mental health services for children and families

NORTHWEST YOUTH SERVICE

nwys.org **360.734.9862**

- Short-term crisis intervention for youth and family
- Long-term services for youth and family
- Free and/or sliding scale fee

FINANCIAL

DEPARTMENT OF SOCIAL AND HEALTH SERVICES

dshs.wa.gov **360.714.4000 or 877.501.2233**

- Food stamps, financial assistance, medical coupons
- Many other services and resources

FOOD / NUTRITION

BELLINGHAM FOOD BANK

bellinghamfoodbank.org **360.676.0392**

- Weekly emergency food for those in need
- Referrals to other county food banks

OPPORTUNITY COUNCIL

oppco.org **360.788.7328**

- Food and Nutrition Program

HOUSING

OPPORTUNITY COUNCIL – COMMUNITY RESOURCE CENTER

oppco.org **360.734.5121, ext. 370**

- Emergency shelter and rental assistance
- Referrals to other resources

LEGAL

LAW ADVOCATES

awadvocates.org **360.671.6079**

- Free legal assistance to eligible residents of Whatcom County

JUSTICE PROJECT

nwjustice.org **888.201.1014 or 360.734.8680**

- Free civil legal services for low income

MEDICAL / COUNSELING

UNITY CARE NW

unitycarenw.org **360.676.6177**

- Primary medical care for low income
- Mental health care for low income
- Sliding scale fee

SEA MAR COMMUNITY HEALTH CENTER

seamar.org **360.671.3225**

- Medical care for low income
- Mental health care for low income
- Sliding scale fee

ST. JOSEPH'S MEDICAL CENTER

peacehealth.org **360.734.5400**

- Emergency medical care
- Emergency mental health care

WESTERN WASHINGTON UNIVERSITY

Psychology Department **360.650.3184**

- Free counseling for the public January through June

COMPASS HEALTH

compasshealth.org **360.676.2220**

Emergencies: **800.584.3578**

- Counseling and psychiatric outpatient services

TRANSPORTATION

WHATCOM TRANSPORTATION AUTHORITY

ridewta.com **360.676.RIDE (7433)**

County bus service

whatcom.edu