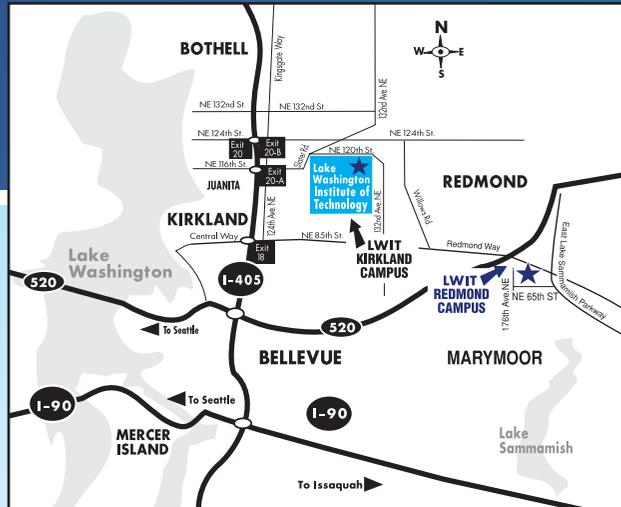


Important Numbers

- **Crisis Clinic of King County**
Phone: (206) 461-3222
Phone: (866) 4-CRISIS
TDD: (206)461-3219
- **2-1-1**
(Community Information Line for health & human services throughout King County)
- **Snohomish County Care Crisis Line**
(24-hour crisis intervention line)
Phone: (425) 258-4357 (H.E.L.P.)
Phone: (800) 584-3578
- **Alcohol/Drug 24 Hour Help Line**
Phone: (206) 722-3700
- **King County Sexual Assault Resource Center**
(24-hour helpline)
Phone: (800) 825-7273
- **Child Protective Services (CPS)**
Hotline: (800) 609-8764
- **Harborview Sexual Assault & Traumatic Stress**
Phone: (206) 744-1600
(during business hours)
- **Lifewire Eastside Domestic Violence Program**
Phone: (425) 746-1940
- **Washington Recovery Helpline**
(24-hr help for Substance Abuse, Problem Gambling & Mental Health)
Phone: (206) 461-3219
- **Washington Statewide Domestic Violence Hotline**
Phone: (800) 562-6025



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and tomorrow's opportunities.**

06/13

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Counseling Services

WE ARE HERE TO HELP YOU
ACHIEVE YOUR DREAM





Counseling Services

What is Counseling?

Personal Counseling is a chance to confidentially talk with an objective person who can help you learn new skills and ways of looking at situations. This can help you become more capable of solving new problems on your own in the future. Some students benefit from one or two sessions of problem-solving, while others may require more. Although counselors may differ in their approach to counseling, all have one goal in common: to help you resolve your concerns.

What kind of Counseling is Available?

Lake Washington Technical College offers FREE short-term, solution-focused, individual counseling. The counselor will determine if long-term, group, couples or family counseling is needed and make appropriate referrals to community resources.

Why do Students Come to Counseling?

Participation in counseling is a personal choice. Some common concerns that students bring to counseling include:

- Test Anxiety
- Coping with college
- Depression, anxiety, or stress
- Help with domestic violence or abuse
- Examining strengths and self-esteem
- Loss of job or relationships
- Academic performance
- Grief due to death
- Looking for resources

Some common reasons why a student might want to make use of Counseling Services:

- Counselors are trained professionals who are non-judgmental, objective helpers.
- All counseling is confidential. No information is shared with anyone without your written consent.
- Initiating and remaining in counseling is completely voluntary.
- Counselors can help you identify negative or illogical thinking patterns that contribute to feelings of hopelessness and helplessness; leading to development of a more positive outlook.
- Counselors can connect you to resources in your community.

What Can I Expect in Counseling?

Counseling is a type of learning... about yourself, your feelings and your relationships with others. As a voluntary participant, it is expected that you will:

- Participate actively.
- Attend your sessions on time.
- Be open and honest with your counselor.

In turn, your counselor will:

- Respect your individuality.
- Listen to your concerns.
- Assist you in setting and reaching appropriate goals.
- Maintain the highest ethical and legal standards of confidentiality.

How do I Make an Appointment?

To make an appointment with a counselor at LWIT, please call Student Development and Retention Services at (425) 739-8300 or visit the West Building, Room 207. If accommodations are needed, please contact Disability Support Services (DSS) in the West Building, W207, to make arrangements prior to the counseling session, or call (425) 739-8300 or email dssinfo@lwtech.edu.