Emergency & After Hours

For ***mental health emergencies***, call the Center for Human Development (CHD) at **(541) 962-8800** or call **911**.

For a ***medical emergency***, call **911.**

Additional Off-Campus Resources:

National Suicide Prevention Hotline: 988

Shelter From the Storm (Interpersonal and sexual violence): 541-963-9261

Center for Human Development (CHD) Community mental health services**:** 541-962-8800

Union County Sexual Assault Response Team (SART): (541) 963-9261 or 911

Rape, Abuse, & Incest Natl Network (RAINN): 1-800-656-HOPE (4637)

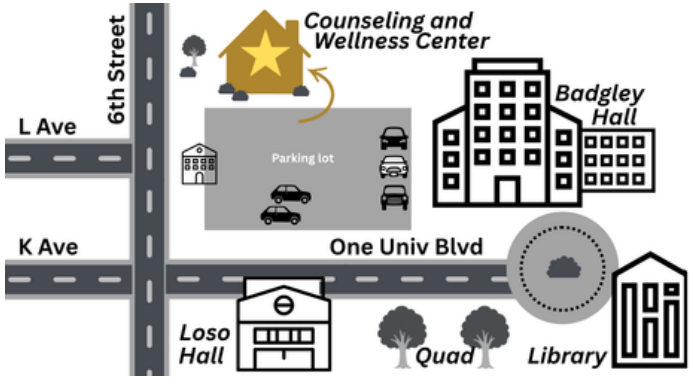
Grande Ronde Hospital: 506 Fourth St, La Grande, OR 97850 541.663.3138

EOU Counseling and Wellness Center

(541) 962-3524
candw@eou.edu
https://eou.edu/counsel/
https://eou.edu/health/

Location

We are located in the northwest corner of campus, on 6th Street and L Avenue. To access the Counseling Center, follow the sidewalk signage on the right of the building.



Availability

Open Monday-Friday
8:30am-5pm (closed 12-1pm)
The Counseling Center is open during the academic year with the exception of University breaks (winter, spring, summer), and University/national holidays.

EASTERN OREGON UNIVERSITY

COUNSELING AND WELLNESS CENTER



Counseling is...

the process of talking with a trained professional to assist you with sorting out emotional, interpersonal, behavioral, and social difficulties.

Remember:

- Struggling as a university student is normal (and counseling can help!)
- Counseling is confidential (with some exceptions which your counselor can explain)
- Counseling is a collaborative process between you and your counselor

Counseling can help with:

- A variety of mental health struggles (like depression and anxiety)
- Academic distress
- Grief, loss, trauma
- Relationship struggles
- Physical, emotional, and/or sexual abuse
- Concerns related to racial, ethnic, or sexual identity

EOU Counseling:

Services are available and free to all students who are taking at least 1 credit on campus and have been assessed the counseling and wellness fee. Students not assessed the fee automatically may "opt-in" by filling out the counseling and wellness opt in form.

Get Started:

Call or email the Counseling and Wellness Center to make an appointment:
541-962-3524
candw@eou.edu



Your Counselors:

Marianne Weaver, Psy.D
Licensed Psychologist
Counseling Center Director

Jenny Whiteman, MA
Professional Counselor Associate

EOU Wellness:



Wellness:
Programs throughout the year are built with student's wellness in mind! More details throughout the term. Also check out the wellness lounge in Inlow.

Medical Care:
EOU has transitioned to a model that supports students in accessing care through local healthcare providers in La Grande conveniently located near campus. Contact the Student Wellness Specialist for help navigating local community health care providers and connections to resources.

Vaccines:
Send your MMR vaccine information to the Student Wellness Specialist for coordination.

Your Wellness Specialist:

Hana Elliott
541-962-3524
candw@eou.edu

