As part of our effort to help you Beat the Blues this winter, we want to help you learn more about all of the support and resources we offer in the Counseling and Wellness Center, and all around Western! To participate, try out each of our challenges listed below during the month of February. For each challenge, you will see a prompt in italics of what you need to write in the corresponding numbered box on the bingo card. Record your responses and when you’re finished, submit your answers via the Microsoft Form linked here.

All forms submitted by March 3 will be eligible for prizes! Earn one “I 💙 Feelings” sticker for each row (horizontal, vertical, diagonal, or four corners) you complete! Complete the full board to win an “I 💙 Feelings” t-shirt, and be entered into a drawing for one of three $15 Amazon gift cards!

Thanks for participating & good luck! Questions/concerns? E-mail Amy Dunham, Suicide Prevention Coordinator

#1. Follow the Counseling, Health and Wellness Instagram at @bewellwwu. Write in the box your favorite post!

#2. Go to https://pws.wwu.edu/medicalamnesty and learn about bystander intervention to help someone in a substance use emergency. Write in the box one thing you learned.

#3. Check out Campus Well (www.campuswell.com), an online health magazine specially curated for WWU! Read at least one article. Don’t forget to rate it to be entered into their weekly drawing for one of five $50 Amazon gift cards! (FYI: Any article found under the WWU tab is written by a WWU staff or student!) Write in the box the title of the article and one thing you learned.

#4. Attend (at least) one workshop or community check in put on by the Counseling and Wellness Center! Find options for workshops, including our banner Wellness Wednesday program, at counseling.wwu.edu/workshops, and options for Community Check Ins at counseling.wwu.edu/community-check-ins. Write in the box what you attended and your favorite take away from the session.

#5. Check out the Goose Chase scavenger hunt app, created by the Outdoor Center! (https://as.wwu.edu/outdoor) Write in the box what your favorite challenge was.

#6. Head to pws.wwu.edu/standup to learn some bystander intervention skills you can use to help prevent sexual violence. Write one thing you learned in the box.

#7. Do you know that WWU has a place for you to report concerns about another student’s well-being? Check out wp.wwu.edu/officeofstudentlife/reporting-a-concern-or-complaint to learn more. Write in the box one situation you think this could be helpful for.

#8. Check out the collection of self help resources at counseling.wwu.edu (click on the Resources tab). From mental health downloads to self help apps to virtual care packages, we have curated a number of resources to help students care for their mental health! Write in the box one resource you looked at and your favorite thing about it.
#9. Attend one of our Sexual Health Speaker Series events in February! pws.wwu.edu/sexperts If you are unable to attend, go to pws.wwu.edu/pleasurepackage to learn about how you can get free safer sex supplies delivered to you in the mail for free! Write in the box one thing you learned.

#10. Learn more about various wellness topics by going to pws.wwu.edu/emotionalwellness and checking out one of the worksheets! From self-love to motivation, we've got information and tips to help you develop your skills! Write in the box which worksheet you looked at and your favorite take away.

#11. Did you know that WWU has a place for you to report a bias incident? Go to wwu.edu/sebrt/report-bias-incident to learn more. Write in the box an incident you could use this for.

#12. Check out the Counseling and Wellness Center “Social Distance Warriors” podcast! Listen to at least one episode. Write in the box one thing that you learned.

#13. Head to the Western Involvement Network (win.wwu.edu) to learn more about Events and Student Organizations on campus! Find an event you are willing to try, or a student org to reach out to learn more! Write in the box which event you attended, or which student organization you reached out to.

#14. Learn more about how you can help a friend or peer in crisis at pws.wwu.edu/suicideprevention. Write in the box one thing that you learned.

#15. Go to wwu.campuswell.org/resources to learn about a bunch of different support resources that are available to you as a WWU student! From LGBTQ+ Western to Off Campus Living to the Disability Access Center, we’ve got something for everyone! Choose one that you think you could use and go to their website to learn more. Write in the box one thing that you learned.

#16. We want to hear from you! What is one thing that the Counseling and Wellness Center could do to help you feel supported? It could be providing a community check in for a certain group, it could be a workshop topic, it could be suggestions for how we provide services—any ideas welcome! Write your answer in the box.