# WOU Student Support Services Available

## Disability Accommodations

If you have a documented disability that may require assistance, please contact ODS ([wou.edu/disabilityservices](http://www.wou.edu/disabilityservices/)) for coordination in your academic accommodations. ODS is located in the Academic Programs and Support Center (APSC) Suite 405. The phone/TTY is (503) 838-8250.

## Academic Support

* Tutoring ([wou.edu/advising/tutoring](http://www.wou.edu/advising/tutoring/))
* English Tutoring Center ([wou.edu/internationalsupport/english-tutoring-center](http://www.wou.edu/internationalsupport/student-services/academic-tutoring/english-tutoring-center/))
* Writing Center ([wou.edu/writingctr](http://www.wou.edu/writingctr/))
* Math Center ([wou.edu/mathcenter](http://www.wou.edu/mathcenter/))

## Technology Services

* For Moodle help, call WOU’s Moodle hotline at (503) 838-9300 or email [moodle@wou.edu](https://mail.google.com/mail/u/0/?view=cm&fs=1&to=moodle@wou.edu&tf=1).
* Virtual Computer Lab ([wouvdi.wou.edu](https://wouvdi.wou.edu/)). Allows you to access an on-campus PC when you’re off-campus. Log in with your Pawprint username and password.
* Digital Media Center at the Hamersly Library ([wou.edu/library/dmc](http://www.wou.edu/library/dmc/)). Offers drop-in technology tutoring and a bookable Digital Production Room. Students can also check out specialized equipment for free from the library check-out counter.

## Mental Health

If you experience overwhelming academic stress, difficult life events, or feelings of anxiety or depression, I strongly encourage you to seek support. Remember that getting help is a smart and courageous thing to do – for yourself, for those you care about, and for those who care about you.

* Student Health and Counseling Center ([wou.edu/ health](http://www.wou.edu/health/)). Counseling services are free for all WOU students taking at least 6 on-campus credits.
* WOU’s Suicide Prevention and Mental Health Promotion program ([wou.edu/mental-health](http://www.wou.edu/mental-health/)).
* For life threatening situations, call 911 or Campus Public Safety ([wou.edu/safety](http://www.wou.edu/safety/)) at (503) 838-9000.