



Big Bend

COMMUNITY COLLEGE

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DISABILITY SUPPORT SERVICES

Support Guide

**This list is a support list of potential resources students can get additional support. It is not an inclusive list and only services as a starting point for resources available.

Attention Deficit Disorder Association

Helps individuals with ADD through support, connect, transitions and training.

<https://add.org/adda-virtual-programs/>

Autism Society of Grant County

Provides support and resources to individuals and families with Autism Spectrum Disorder

- info@AutismSocietyofWA.org
(888) 279-4968
- <http://autismsocietyofwa.org/v2/grant-county/>

The ARC of Washington State

The Arc of Washington State advocates for quality services and necessary funding to meet the needs of people with intellectual and developmental disabilities and their families.

- **Email:** Info@arcwa.org
- Call: (360) 357-5596
- Toll Free: (888) 754-8798
- <https://arcwa.org/>

Big Bend Community College Counseling

- Website: <https://www.bigbend.edu/student-center/counseling/>
- Phone: (509) 793-2035
- Counselor:
 - Jaime Garza
 - Heidi Gephart
 - MariAnne Zavala-Lopez

Campus Assessment Response and Evaluation Team (CARE)

- Website: <https://www.bigbend.edu/student-center/care-team/>
- Report Form: <https://www.bigbend.edu/student-center/report-a-concern-or-incident-form/>



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CDC Coping with Stress

- Website: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Department of Services for the Blind

Provides services for people of all ages who are blind or have low vision.

- <https://dsb.wa.gov/>

Department of Vocational Rehab

Provides individuals counseling and employment services and supports to people with disabilities, including training.

- <https://www.dshs.wa.gov/dvr>

Epilepsy Foundation

Has support groups, training and resources for those impacted by epilepsy.

- <https://www.epilepsy.com/>

Grant Integrated Services

Grant Integrated Services provides Developmental Disability, Mental Health, and Substance Abuse Services including help with housing, medical support, shopping, transportation, counseling, and many other services.

- (509) 765-9239
- Website: <https://www.grantcountywa.gov/178/Grant-Integrated-Services>

Grant County Crisis Line

- 1-800-852-2923

Learning Disabilities Association of Washington

LDA supports and empowers individuals. They have resources available primarily in the Puget Sound area.

- <http://www.ldawa.org/>
- 1-425-882-0820

National Suicide Prevention Lifeline:

- 1 (800) 273-8255 (English)
- 1 (888) 628-9454 (Español)
- 1 (800)799-4889 (TTY)
- Crisis Text Line: Text HOME to 741741

National Institute of Mental Health

Has information on various health topics, research and events.

- <https://www.nimh.nih.gov/>



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Spina Bifida Advocates of Washington State

Provides emotional support for everyone affected by Spina Bifida, including meetings throughout the state, a newsletter, scholarships and equipment.

- <https://sbaws.org/about-us/>
- 1-888-289-3702

STOP Washington

Stop Washington is a program for people who need help with alcohol/drugs, anger management, domestic violence/abuse support, mental health help, and Moral Reconciliation Therapy.

- Phone and Email:
 - Moses Lake: (509) 855-9494 Email: moses.clerical@stopwa.com
- Website: <https://www.stopwa.com>

Substance Abuse and Mental Health Services Administration's (SAMHSA's)

Provides an extensive list of services, such as Substance abuse help, suicide prevention lifeline and counseling, as well as Veteran help, behavioral help (both extreme and mild), and Serious Mental health Illness locator, disaster help and more.

- Helpline: 1 (800) 985-5990 or text TalkWithUs to 66746. (TTY 1 (800) 846-8517)
- Website: <https://www.samhsa.gov/find-treatment>

Veterans Crisis line:

- Website:
https://www.veteranscrisisline.net/?gclid=CjwKCAjw04vpBRB3EiwA0lieajlsJ1iiYcw8spoh0t6TT_m6zZb0esFWDa4Jq8hsXMxPJF42F47DvRoC3oIQAvD_BwE
- Phone: 1-800-273-8255 and Press 1 or Text 838255

Other Resources:

Affordable Colleges Online

Has a guide that has various disabilities resources. It also has scholarships for students with disabilities.

- Scholarships: <https://www.affordablecollegesonline.org/college-resource-center/affordable-colleges-for-students-with-disabilities/>
- Resource Guide: <https://www.affordablecollegesonline.org/college-resource-center/resources-for-students-with-disabilities/>