Mental health resources for UW students

Health & Wellness (109 Elm Hall)
(206) 543-6085
Provides support, advocacy, consultation, and education to the University of Washington campus community. Their programs include:

- Alcohol & Other Drug Consultation and Education
- Suicide Intervention
- Sexual Assault, Relationship Violence, Stalking and Harassment Advocacy
- Student Care Program

They work directly with students as well as concerned faculty, staff, family, and friends to reach out and connect to students who may be in need of Health & Wellness services. In addition to working directly with students, Health & Wellness also provides a variety of Training and Education programs and supports their Peer Health Educators.

Mental Health Clinic (Hall Health Center)
(206) 543-5030
Hall Health’s Mental Health Clinic provides high-quality, evidence-based care to UW’s diverse student body. They offer a range of services to assess and treat mental health concerns. They offer a variety of services including:

- Short-term individual counseling
- Help getting connected to longer-term therapy if appropriate
- Free appointments for brief support and help connecting with services
- Group trainings and counseling to learn coping skills, manage anxiety and depression, develop healthy relationships, and more
- Psychiatric services, including medication for depression, anxiety, and other symptoms
- Light therapy for seasonal affective disorder
- Same-day appointments for those in urgent need
- Help finding and connecting with other on- and off-campus support

Student Counseling Center (401 Schmitz Hall)
(206) 543-1240
The Counseling Center offers multiple options for students seeking help coping with stress and mental health concerns. All UW Seattle students who are in degree-seeking programs are eligible for their counseling services, which include:

- Self-Help Resources
- Skills-Based Workshops
- Short-Term Counseling
- Referrals for Ongoing/Specialized Counseling
- Crisis Services

If you are experiencing a psychological crisis outside of working hours and cannot wait until campus resources are open, please call the Crisis Clinic at 866-427-4747. In urgent situations call 911.
Safe Campus
For whole UW community. Call if you’re concerned for self, student, or colleague and it feels potentially dangerous. Helpline available 24/7 (206-685-SAFE (7233)). Topics covered by Safe Campus include:

- Conflict Resolution
- Students in Distress
- My Safety & the Safety of Others
- Self-Harm
- Relationship Violence
- Stalking
- Suicide
- Title IX Sexual Misconduct

Let’s Talk
Drop-in consultation with a counselor, a collaboration between the Counseling Center and Hall Health Center.
- Tuesdays 2-4pm with Iris Song at the Kelly Ethnic Cultural Center
- Wednesdays 2-4pm with Kate Fredenberg at the Q Center in the HUB

Videos
Mental Health at the University of Washington: https://www.youtube.com/watch?v=5e6QOb_FmGk
Health & Wellness at the University of Washington: https://youtu.be/kyElkszJ4RE

Self-Help Resources
The following links contain important information about a variety of mental health-related topics. We hope this information will be useful in learning more about how to help yourself or another person.

- Mental Health Apps
- Relaxation Podcasts

Guides for Students:

- Are You an Introvert or an Extravert?
- Beating the Blues
- Career Resources
- Coping with the Political Climate
- Eating & Body Image Concerns
- Getting Connected at the UW
- Healthy Grieving
- International Students and Cultural Shock
- Managing Economic Stress
- Sexual Assault
- Social Anxiety
- Student Veterans
- Thinking About Coming Out?
- Tips for Academic Success
- The Winter Blues
- Trying to Juggle School and Parenting?
- Useful links

Online Mental Health Screening
https://www.washington.edu/counseling/resources/online-mental-health-screening/