

Health and Wellness Resources

COUNSELING CENTER (in Schmitz Hall):

<https://www.washington.edu/counseling/>

Free and confidential individual, relationship and group counseling to students. • Same-day crisis appointments • Light Therapy for Seasonal Affective Disorder and Career Counseling.

HEALTH & WELLNESS (in Elm Hall): <http://depts.washington.edu/livewell/> Student Coaching and Care Program • Alcohol and Other Drug Education • Suicide Intervention Program • Interpersonal Violence Advocacy • Prevention Education and Outreach

MENTAL HEALTH CLINIC (in Hall Health Center):

<http://depts.washington.edu/hpccweb/project/mental-health-clinic/> Brief mental health screening, assessment and referral services • BASICS program to explore alcohol use • Crisis counseling and intervention

Available for a fee; insurance can be billed, many insurance plans accepted: • Individual counseling • Group therapy & support groups • Medication evaluation and management • Psychiatric services

DISABILITY RESOURCES FOR STUDENTS (in Mary Gates Hall):

<http://depts.washington.edu/uwdrs/>

Serves students with temporary and permanent disabilities (including injuries and mental health issues) • Provides academic and other accommodations • All services are individualized

SAFECAMPUS: washington.edu/safecampus

If you feel worried or concerned about yourself, a friend, a roommate; if something feels potentially dangerous; or if you just need to talk, remember that the UW cares about your safety and well-being. Your choice to reach out for help is a vital component to ensuring individuals get the support they need. If you notice behaviors that make you or others uncomfortable, you do not have to deal with it alone. Ask for help by calling SafeCampus at 206.685.SAFE (7233).

THE Q CENTER (in the HUB): <http://depts.washington.edu/qcenter/wordpress/>

The Q Center is a transformational space for advising and gender discussion. The center offers social areas and one-on-one advising for any member of the university community in need of an open, empathetic, confidential and nonjudgmental space. In addition, the Q Center helps to facilitate and enhance a brave, affirming, liberatory and celebratory environment for the entire university community of all sexual and gender orientations, identities and expressions.

KELLY ETHNIC CULTURAL CENTER: depts.washington.edu/ecc The Samuel E. Kelly Ethnic Cultural Center has a variety of wellness and culturally relevant resources designed to create a welcoming environment for all students. The mission of the Kelly Ethnic Cultural Center is to provide an inclusive space that supports students and fosters academic success. Resources include the Wellness Room, which is used for relaxation, prayer, napping, meditation and is also used as a private space for nursing moms! The ECC also has [Leadership Without Borders](#), the first community space on campus dedicated to supporting undocumented students at the UW. There is something for everyone at the ECC: mind, body and soul!

FOOD, MONEY & SHELTER

Emergency Aid: <https://www.washington.edu/emergencyaid/>

Campus Food Pantry: <http://www.washington.edu/anyhungryhusky/home/get food/>

Short Term Loans: <https://www.washington.edu/financialaid/types-of-aid/loans/short-term-loans/>

Office of Student Financial Aid: <https://www.washington.edu/financialaid/>

Roots Young Adult Shelter:

206-632-1635

1415 NE 43rd Street (University Temple Methodist Church basement)

Seattle Homeless Shelter Directory:

<https://www.homelessshelterdirectory.org/cgi-bin/id/city.cgi?city=seattle&state=WA>

24-HR Off Campus Crisis Intervention Hotlines

National Suicide Preventions Lifeline

Phone: 1-800-273-TALK (8255) (suicide)

TTY:1-800-799-4TTY (4889)

The National Sexual Assault Hotline

Phone: 1-800-656-HOPE (4673)

Online: <https://hotline.rainn.org/online/>