

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/>