RESOURCES AT A GLANCE

HEALTH & WELLNESS (in Elm Hall)

- Alcohol and Other Drug Education
- Suicide Intervention Program
- Interpersonal Violence Advocacy
- Prevention Education and Outreach
- Student Care Program

COUNSELING CENTER (in Schmitz Hall)

- FREE and confidential, individual, relationship and group counseling
- Same-day crisis appointments
- Light Therapy for Seasonal Affective Disorder
- Career Counseling

MENTAL HEALTH CLINIC (in Hall Health Center)

Available at no further charge:
- 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)

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

EVERYONE IS RESPONSIBLE FOR BEING A HEALTHY HUSKY

What you can do:

You can take action in ensuring the emotional well-being of yourself and your friends. Explore the vast health and wellness resources available on the UW campus by reviewing this guide or visiting uw.edu/healthyhuskies

Emotional First Aid: Responding to Personal Disclosure:

Most individuals turn to someone they trust when they need support. A friend may share with you that they are in a controlling relationship, they were sexually assaulted, they are being harassed or they are having thoughts of suicide. Your response helps determine whether they feel safe and supported or choose to seek additional help.

Helpful things to say:

- Thank you for telling me.
- I believe you.
- It’s not your fault.
- I’m sorry that happened to you.
- What can I do to help?
- You are a strong person.
- I’m glad you told me.

Increase your awareness and attend one training this academic year:

- Violence Prevention (Safe Campus)
- Suicide Prevention (Forefront)
- Interpersonal Violence, Mental Health and Alcohol and Other Drug Education (Health and Wellness)
- Green Dot Overview Training (Health and Wellness)

Visit uw.edu/healthyhuskies for additional tools, resources and an online version of this guide.
SUICIDE PREVENTION

The UW is taking a proactive approach to suicide prevention through the Husky Help & Hope (H3) initiative which provides training for students, faculty and staff, behavioral health promotion activities and advocates for increased behavioral health resources on campus. intheforefront.org

Everyone has a role to play in suicide prevention. Most of the time, individuals who are contemplating suicide will give some warning of their intentions. All suicide threats, gestures and attempts must be taken seriously. Here are some warning signs that a person may be considering suicide:

- Hopelessness
- Feeling trapped or like there’s no way out
- Increased alcohol or drug use
- Withdrawing
- Dramatic mood changes
- Expressing no reason for living or no sense of purpose in life
- Prior suicide attempts

18-25 year olds have the highest rates of thoughts of suicide than any other age group.
- Substance Abuse and Mental Health Services Administration, 2015

INTERPERSONAL VIOLENCE (SEXUAL ASSAULT) ADVOCACY & SUPPORT RESOURCES

There are resources at UW to support students who have experienced sexual harassment, sexual assault, relationship violence or stalking. The Advocates on campus are safe starting points for students to get support, learn about their options and rights and make a plan for next steps. Visit washington.edu/sexualassault to learn more.

UWPD Victim Advocate assists students, faculty and staff who have concerns about relationship violence whether or not a police report is filed. 206.543.9337 • police.uw.edu

Health & Wellness Advocates assist students and those who are supporting friends. 206.685.4357 depts.washington.edu/livewell/advocate

Counseling Center psychologists and mental health counselors provide confidential counseling, assessment and crisis intervention services to currently-enrolled UW students. 206.543.1240 • washington.edu/counseling

Sexual Assault Nurse Examiners (SANE) provide specialized care such as a physical exam, emergency contraception, STI testing and evidence collection. UW Medical Center, Harborview Emergency Room and Center for Sexual Assault & Traumatic Stress provide SANE services. Evidence is best collected within 120 hours (5 days) of the assault.

Medical care such as a physical exam, emergency contraception and STI testing can also be received at Hall Health, Planned Parenthood and a local provider. washington.edu/sexualassault/support/medical-care/

STUDENT ORGANIZATIONS

Huskies for Suicide Prevention and Awareness (HSPA) is a mental health registered student organization (RSO) dedicated to mental health advocacy and suicide prevention. HSPA host quarterly Stress Less Weeks during the week before finals (no “Dead” Week!) and an annual Husky Help and Hope (H3) Walk fundraiser. hspauw.com

Peer Health Educators (PHEs) are a student organization based out of Health & Wellness. PHEs are trained student volunteers who seek to bridge the gap between students and health research, health skills and campus resources. PHEs offer a mental health workshop called: Let’s Talk About Mental Health. This workshop aims to reduce stigma, promote strategies on how to support others, and offers information about on-campus resources and support. Topics include stress management, suicide prevention and self-care. depts.washington.edu/livewell/phe/
Offering confidential support and advocacy, as well as evidence-based education and training for the UW Community.

TRAINING & EDUCATION: We provide presentations, training and education to students, staff and faculty on content from all Health & Wellness programs. Our efforts promote evidence-based prevention services and strategic planning to the campus community. | tumasm@uw.edu • 206.221.7187

PEER HEALTH EDUCATORS (PHES): Student volunteers who bridge the gap between students and campus resources, health education and research. PHES facilitate workshops and events with students on a variety of health issues. | phehwdr@uw.edu

SUICIDE INTERVENTION PROGRAM: We provide early intervention and support for students who may be struggling and are not yet engaged in care. | hwsip@uw.edu • 206.543.7454

SEXUAL ASSAULT, RELATIONSHIP VIOLENCE, STALKING & HARASSMENT ADVOCACY: We work with students to provide support, advocacy, reporting options and resources. This is a confidential starting point for all students to safely explore their options and receive support. | hwadvoc@uw.edu • 206.685.4357

ALCOHOL & OTHER DRUG EDUCATION: We provide education, consultation and resource referrals around alcohol and other drugs. This is a confidential starting point for evidence-based intervention and prevention practices. | jkilmer@uw.edu • 206.543.7259

STUDENT CARE PROGRAM: We advise and support students who are in distress by creating plans to address stressors and the unique needs of each student. | livewell@uw.edu • 206.543.2684

Find more information about each of these programs at: depts.washington.edu/livewell

As a UW student, you are eligible for many valuable health services here which are available at no further out of pocket cost to you, because you pay the quarterly Services and Activities Fee (SAF) along with your tuition.

Some of what your SAF covers at Hall Health Center:

- One visit per quarter for medical concerns (this excludes comprehensive physicals, specialty visits and procedures).
- Preventive counseling and contraceptive advice
- Unlimited visits with our Consulting Nurses (206.221.2517), including an after-hours nurse phone line (206.744.2500) for urgent medical problems.
- Advice about HIV and other sexually transmitted disease exposures.
- Brief Alcohol Screening and Intervention for College Students (BASICS), a service for students who want to explore their alcohol use.
- Help quitting smoking.
- Access to light therapy room for Seasonal Affective Disorder.
- Help when you are in crisis.
- Mental Health Services including counseling, therapy groups (billed) and screenings for mental health.

You can learn more information regarding Hall Health Center’s services and insurance billing procedures by dropping in to see us (across the street from HUB), calling 206.685.1081, or visiting our website: hallhealth.washington.edu/students.
SAFECAMPUS

WHY CALL SAFECAMPUS
We know that not every day will be a great day. At some point, you might need help. 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. SafeCampus is a safe starting place that can creatively problem solve with you and share campus resources. Call us 24/7 at 206.685.SAFE (7233)

PROHIBITED BEHAVIORS
The University does not tolerate behaviors that:
- are violent
- threaten violence
- harass or intimidate others
- interfere with an individual’s legal rights of movement or expression
- disrupt the workplace, our academic environment, or the University’s ability to provide service to the public

Violent or threatening behavior can include relationship violence, stalking, physical acts, verbal or written statements, harassing email messages, harassing telephone calls, gestures and expressions.

TAKE ACTION
Trust your instincts. Pay attention to cues, comments and your experiences.

Reach out. 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). For more information, visit washington.edu/safecampus.

DISABILITY RESOURCES FOR STUDENTS (DRS)

Disability is an aspect of diversity that is integral to society and to our campus community. DRS works with students individually to establish academic adjustments and auxiliary aids and services — more frequently referred to as academic accommodations — to eliminate barriers impacting a student’s equitable access to campus facilities, programs and activities. depts.washington.edu/uwdrs

NATIONALLY 11–15% OF STUDENTS ON COLLEGE CAMPUSES HAVE A DISABILITY.

2000 = THE NUMBER OF STUDENTS WITH DISABILITIES (SWD) SERVED BY THE UW EACH YEAR

REPORT INCIDENTS OF BIAS
report.bias.washington.edu

We value and honor diverse experiences and perspectives, strive to create welcoming and respectful learning environments and promote access and opportunity. At the same time, our institutional commitment to freedom of expression encourages members of our University community to hold and express sometimes unpopular views. To help us fulfill our commitment to addressing bias at the individual, institutional and systemic levels, we have established the Bias Incident Advisory Committee to collect information on reports of bias-related incidents that may impact the University of Washington community.
COUNSELING CENTER
The University of Washington Counseling Center provides no-cost, confidential, and culturally-sensitive counseling, consultation, referral and crisis intervention services for students currently enrolled on the Seattle campus. Services include: individual, couple and group counseling, career counseling and assessment, crisis interventions services, referrals, outreach, light therapy, biofeedback and consultation to faculty, staff, parents and other caregivers that are concerned about a student.
washington.edu/counseling

Q CENTER
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 non judgmental 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. For camaraderie, support and a weekly gender discussion group information visit qcenter.washington.edu.

KELLY ETHNIC CULTURAL CENTER
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! depts.washington.edu/ecc