



UW
Counseling Center

Mental Health Matters

mentalhealth.uw.edu

W
COUNSELING CENTER
UNIVERSITY of WASHINGTON
Division of Student Life



UW Counseling Center

The UW Counseling Center strives to create a caring and culturally-informed environment for students to explore and overcome challenges connected to life and learning. Through innovative programs and partnerships, we aim to deliver on our commitment to support our student community so UW feels less overwhelming and more inspiring!

Our Services:

- My Student Support Program (MYSSP) 24/7 Crisis Support
- Let's Talk - Drop-In and Scheduled
- Short - Term Counseling
- Referrals to On-Going and Long Term Counseling
- Online Mental Health Resources
- Groups, Workshops, and Presentations

For more information:

Visit our website:
mentalhealth.uw.edu

OR

Scan the QR Code



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