Hall Health Center
MENTAL HEALTH

OUR SERVICES*

Same-day crisis support
We offer crisis support during office hours to students with urgent needs. This service is available on a first-come, first-served drop-in basis and focuses on addressing immediate needs and establishing a plan. If you are in crisis, check in on the first floor of Hall Health for same-day care.

Brief support visits
During a 20-minute visit, you will discuss your concerns with a counselor and get feedback, advice, and treatment options. This appointment is the first step to getting other Hall Health mental health services. You can schedule a brief support visit up to 24 hours in advance.

Short-term therapy
Short-term therapy helps you clarify concerns, identify goals, and work towards feeling better. Each visit lasts 45-60 minutes and most clients are seen for 12 or fewer sessions. We will help to connect you to longer-term therapy if needed.

Group counseling
Some groups are a set length with a focus on developing specific skills, while others are open-ended and less structured. All groups are designed to provide a safe and welcoming space to receive support. There is no limit on group therapy.

Psychiatric care & medication management
Our psychiatric providers can provide you with an evaluation, treatment recommendations and psychiatric medication management if appropriate.

Pet therapy
Free weekly visits with trained therapy dogs at Hall Health can help address stress as well as soothe some symptoms of depression and anxiety.

ADHD
Hall Health does not diagnose ADHD. We can help connect you with a provider who can diagnose you. Students who have had diagnostic testing can bring their records to Hall Health to discuss treatment options.

*For current UW students, crisis, brief support and pet therapy visits are paid for by the UW Services and Activities Fee. We bill insurance for ongoing services and copays/coinsurance costs may apply.

GROUP COUNSELING
> Procrastination/Perfectionism
> Mindfulness Meditation
> Getting Through Grief
> Between Cultures

CONTACT US
Location
Third floor of Hall Health, across from the HUB
Phone: (206) 543-5030
Fax: (206) 543-4716
hallhealth.washington.edu

OTHER RESOURCES
24-Hour King County Crisis Line
(206) 421-2222
UW Counseling Center
(206) 543-1240
UW Student Care Coordinator
(206) 543-2684
UW Disability Resources for Students
(206) 543-8924
Hall Health Center

MENTAL HEALTH

Anthony Aguiluz
LMHC
Triage Therapist

Christina Chavez
MD
Psychiatrist

Hsuan Hsuan Dai
LMHC
Therapist

Fievel Finley
LICSW, CDPT
Triage Therapist

Kate Fredenberg
LICSW, CDP
Therapist

Meghann Gerber
PsyD
Psychologist, Unit Head

Ricardo Hidalgo
LMHC
Therapist

Treg Isaacson
LMHC
Therapist

Min Lee Booth
LMHC
Therapist

Wendy Lendrum
ARNP
Psychiatric Nurse Practitioner

Hector Piña
Medical Assistant

Karin Rogers
LICSW
Triage Services Lead

Christine Suydam
MD
Psychiatrist

Gitika Talwar
PhD
Psychologist

Jennifer Whipple
LMHC
Therapist

Fievel Finley
LICSW, CDPT
Triage Therapist

Jennifer Trebby
LICSW
Therapist

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