

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

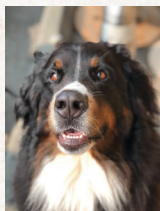
Free weekly visits with trained therapy dogs at Hall Health can help address stress as well as soothe some symptoms of depression and anxiety.

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.

GROUP COUNSELING

- > Procrastination/Perfectionism
- > Mindfulness Meditation
- > Getting Through Grief
- > Between Cultures



*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.

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
LCSW, CDPT
Triage Therapist



Kate Fredenberg
LCSW, CDP
Therapist



Meghann Gerber
PsyD
Psychologist, Unit Head



Ricardo Hidalgo
LMHC
Therapist



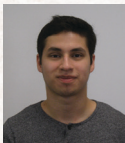
Treg Isaacson
LMHC
Therapist



Min Lee Booth
LMHC
Therapist



Wendy Lendrum
ARNP
Psychiatric Nurse Practitioner



Hector Piña
Medical Assistant



Karin Rogers
LCSW
Triage Services Lead



Christine Suydam
MD
Psychiatrist



Gitika Talwar
PhD
Psychologist



Jennifer Whipple
LMHC
Therapist



Jennifer Trebby
LCSW
Therapist

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