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.

**OUR SERVICES**

**Let's Talk:** Individual Confidential Drop-in Support with a Counselor

**Short-Term Counseling:** Connect with a Counselor for Short-Term Counseling

**Groups and Workshops:** Connect with community on therapeutic support or workshops on mental health

**On-Going and Long Term Counseling:** Get Support in connecting with on-going and long-term and support in the community

**Faculty and Staff Consultation:** Connect with a counselor if you’re wanting more help to support students going through a hard time

**Husky HelpLine:** Same Day Connection to Support Operated 24/7 206-616-7777