



## COUNSELING CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

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



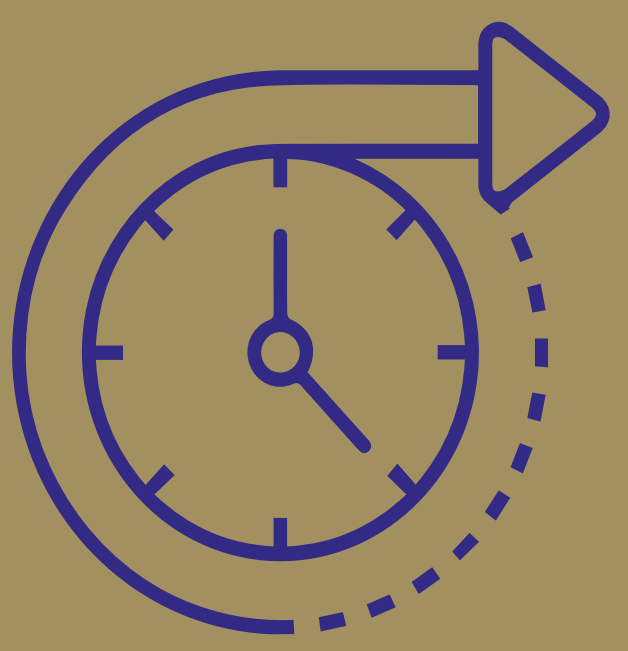
**Let's Talk:** Individual Confidential Drop-in Support with a Counselor



**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**