

UNIVERSITY of
WASHINGTON



LIVEWELL

**Center for Advocacy and
Health Promotion**

109 Elm Hall
LiveWell.uw.edu

Free Student Services

Peer Wellness Coaching

Meet with a highly trained peer to work on goals related to your health and well-being. Common topics include learning skills and making personal change related to: social relationships, communication, anxiety and stress management, self-esteem, etc.

Peer Health Education

LiveWell Peer Health Educators are highly trained students dedicated to educating their peers on various health and wellness topics. PHEs facilitate educational programs, events, and offer workshops on topics related to substance use, relationships, mental health, sleep, bystander intervention and more!

Suicide Intervention Program

Connects students who may be having thoughts of suicide and who may not be connected to mental health support to resources they need for stability and safety. This is NOT a crisis service.

Confidential Advocates for Survivor Support & Advocacy

Confidential support (your information is not shared with anyone inside or outside University) for students, faculty, and staff impacted by stalking, relationship violence, sexual assault, and sexual/gender based harassment. Learn about your rights, options, and get connected to resources for safety and healing specific to your situation.

Alcohol & Drug Consultations

Private, non-judgmental consultations about any questions you have related to alcohol or other substance use. Learn skills for harm reduction, get connected to resources, or learn more about a substance and it's impact on your health and academics.

Student Needs Navigation

Assistance with basic needs resources for low-income students

UW LiveWell empowers and supports the personal and social development of students by providing evidenced-based intervention and health promotion.

All services can be scheduled on livewell.uw.edu



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