

# Mental Health Resources

WHAT ARE YOUR OPTIONS AS AN ME STUDENT FOR **NON-EMERGENCY** SITUATIONS

	FIRST STEPS		RESPONSE	CONFIDENTIAL?	COST/ INSURANCE	TYPE OF ASSISTANCE
<b>LET'S TALK</b> DROP-IN CONVERSATION WITH A PROFESSIONAL	<u>REVIEW THE SCHEDULE</u>	REGISTER FROM 5 MIN BEFORE & THROUGHOUT THE SESSION	CLICK VIDEO CALL LINK IN CONFIRMATION TO TALK TO SCHEDULED THERAPIST	YES, UNLESS THERE IS DANGER TO YOURSELF OR OTHERS	FREE TO ENROLLED STUDENTS	FIRST COME, FIRST SERVED; INFORMAL DROP-IN DISCUSSION
<b>MY SSP</b> FOR 24/7 URGENT SUPPORT & OUT OF STATE SUPPORT	1.866.775.0608 (PHONE U.S./ CA), <u>ONLINE, OR VIA APP</u>	<u>SUBMIT A CONTACT FORM</u>	SPEAK OR CHAT WITH A TRAINED PROFESSIONAL 24/7	YES, UNLESS THERE IS DANGER TO YOURSELF OR OTHERS	FREE TO ENROLLED STUDENTS	CRISIS INTERVENTION, GENERAL METNAL HEALTH SUPPORT
<b>COUNSELING CENTER</b> FOR A FEW SESSIONS & ONGOING RESOURCES	<u>REVIEW AVAILABLE COUNSELORS</u>	MAKE AN APPOINTMENT THROUGH THE <u>PORTAL</u>	TALK IT OUT & MAKE A PLAN FOR FUTURE MENTAL HEALTH SUPPORT	YES EXCEPT <u>UNDER CERTAIN LEGAL CONDITIONS</u>	COUNSELING IS FREE FOR STUDENTS ENROLLED AT THE SEATTLE CAMPUS	A FEW ONE-ON-ONE SESSIONS & CONNECTION TO RESOURCES
<b>LIVE WELL</b> FOR GENERAL STRESS MANAGEMENT & HEALTHY HABITS COACHING	FIND RESOURCES OR WORKSHOPS ON THE <u>LIVEWELL SITE</u>	<u>SCHEDULE AN APPOINTMENT WITH A PEER WELLNESS COACH</u>	INTEGRATE HEALTHY HABITS INTO YOUR LIFESTYLE	NO	FREE TO ENROLLED STUDENTS	GENERAL WELLNESS, LIFE COACHING
<b>SAFE CAMPUS</b> FOR VIOLENCE PREVENTION	DECIDE IF YOU ARE CONCERNED ABOUT VIOLENCE OR IN IMMEDIATE DANGER	IF NOT IN IMMEDIATE DANGER, CALL 206.685.7233 BETWEEN 8AM-5PM M-F	LEAVE WITH A SAFETY PLAN	YES	FREE	CRISIS INTERVENTION AND VIOLENCE PREVENTION
<b>UW MINDFULNESS</b> FOR GENERAL STRESS MANAGEMENT	<u>REVIEW THE SCHEDULE AND INSTRUCTORS</u>	REGISTER FOR A CLASS OR EVENT	PRACTICE MINDFULNESS & MOVEMENT TO INTEGRATE INTO DAILY LIFE	NO	FREE IN OCTOBER, OTHERWISE PAY PER EVENT	GENERAL WELLNESS
<b>HALL HEALTH</b> FOR PSYCHIATRIC CARE	<u>VISIT THE MENTAL HEALTH START PAGE</u>	FIND A <u>DROP-IN GROUP</u> OR MAKE A PRIMARY CARE APPOINTMENT FOR A REFERRAL	CONTINUE WITH GROUP COUNSELING OR BE REFERRED TO ONGOING SUPPORT	HIPAA PROTECTED	FREE FOR STUDENTS	VARIOUS
<b>OFF CAMPUS</b> FOR ONGOING SUPPORT FROM A PROFESSIONAL	SEARCH FOR A PROVIDER USING <u>UW REFERRALS</u> OR <u>OTHER SEARCHES</u>	CONSIDER SOME OF THE TIPS FROM THE <u>COUNSELING CENTER</u> AND <u>HALL HEALTH</u>	SCHEDULE AN APPOINTMENT WITH A PROFESSIONAL (YOU MAY NEED TO TRY A FEW!)	HIPAA PROTECTED	THERE ARE OPTIONS FOR DIFFERENT INSURANCE SITUATIONS (INCLUDING NO INSURANCE)	ONGOING MENTAL HEALTH SUPPORT
<b>JUST NEED SUPPORT?</b> BUILD A SUPPORT NETWORK	<u>MEGA</u> <u>SWE</u> <u>ADVISING</u>	<u>Q CENTER</u> <u>DSO</u> <u>GO-MAP</u>		NO	FREE!	NOT FOR PRODESSIONAL AID; JUST SOCIAL COMMUNITIES & GENERAL ADVICE



## How do I find a counselor or therapist I like?

You can search on psychology today, your insurance provider (e.g. lifewise), or other places to find someone you think will suit your needs. You can often filter by issues you want to discuss (e.g. relationships), gender, degree, location, or areas of expertise (e.g. race- or LGBTQ-informed).

It's also totally OK to try a few before you find the one you like. You don't have to stay with the first person you make an appointment with! Find someone who makes you feel comfortable.

## Should I try therapy?

Almost anyone can benefit from talking to someone. It doesn't mean you're broken, or there's anything wrong with you! Therapy can be a useful way to just talk through things going on in your life with an impartial helper.

Therapists can also help with medical diagnoses or neurological differences. If you think you want someone who can help with these types of issues, make sure to look for a psychiatrist, which is a certification that includes a medical degree.

But it's not always for everyone! Mindfulness, life coaching resources, and support networks can also help support mental health

## What certification do I look for?

### Therapy

- A psychologist has a doctoral degree (PhD or PsyD)
- A LMHC has a master's degree in counseling;
- A LICSW has a master's degree in clinical social work
- A LMFT has a master's degree and specializes in work with couples and families

### Medication management

- A psychiatrist has a medical degree and can prescribe medication
- A psychiatry nurse practitioner has a master's degree in nursing and can prescribe medication

## What does it cost?

The counseling center and Hall Health are free for students.

Using GAIP (graduate student RAVTA insurance) you will be responsible for 10% of the cost per session for in-network providers and 20% of the cost per session for out-of-network providers.

Some professionals offer sliding scale or low-cost options, which may be an option if you don't have coverage.

# Additional Support Resources

Academic Support Programs – Academic Support  
[academicsupport.uw.edu](http://academicsupport.uw.edu) | 206.685.8299

CIRCLE – Center for International Relations and Cultural  
Leadership Exchange – International Student Support  
[washington.edu/circle](http://washington.edu/circle) | 206.685.4004

DRS – Disability Resource Support  
[depts.washington.edu/uwdrs](http://depts.washington.edu/uwdrs) | 206.221.9117

ISS – International Student Services – International Student  
Service Support  
[iss.washington.edu](http://iss.washington.edu) | 206.221.7857

Financial Aid- Financial Support  
[washington.edu/financialaid](http://washington.edu/financialaid) | 206-543-6101