because UW should be challenging, not overwhelming
WHO WE ARE
Our staff of psychologists and mental health counselors provide confidential and culturally-sensitive counseling, consultation, referral, and crisis intervention services at no cost for currently enrolled degree-seeking students at the Seattle campus.

OUR SERVICES
- Short-term individual counseling
- Group counseling
- Career counseling and assessment
- Online mental health resources
- Outreach presentations on mental health topics
- Consultation for faculty, staff, and parents with concerns about a student
- Referral for more specialized or longer-term counseling

Call us at 206.543.1240
Visit us on the web counseling.uw.edu
Stop by 401 Schmitz Hall