

RESOURCES

HEALTH AND WELLNESS

LiveWell Center for Advocacy and Health Promotion LiveWell uses both the expertise of professional staff and passion of Peer Health Educators to provide evidenced-based health promotion, advocacy education, and prevention services. LiveWell offers Peer Wellness Coaching; confidential advocates to support students affected by sexual assault, relationship violence, stalking, and sexual harassment; suicide prevention, alcohol and drug consultations, health education, financial issues, academic accommodations, or unexpected life emergencies. Links to services are specific to needs, see Website for details: <https://livewell.uw.edu/>

UW Counseling Center (available to UW students): UW Counseling Center is a mental health resource where currently enrolled students can receive assistance with adjustment issues, depression, anxiety, relationship concerns, and a variety of other challenges. The UW Counseling Center supports students in all aspects of their development, providing personal and career counseling, study skills assistance, and other services to those currently enrolled. The Center is ready to respond to students in crisis situations. Consultations with faculty, staff, and parents who have concerns about a student are also available. Phone: 206-543-1240. Website: <https://wellbeing.uw.edu/unit/counseling-center/>

Husky Health Center (Center available to UW students): Hall Health Mental Health Clinic provides mental health services to students including individual and group therapy; medication evaluation and management; crisis intervention and support, as well as referrals when appropriate to other campus or community resources. Phone: 206-543-5030. Website: <https://wellbeing.uw.edu/topic/medical-get-started/>

Husky Helpline: Husky HelpLine is available to support you to 24/7 support to a Licensed Mental Health Counselor. It is supported through Telus (formally MySSP) to give students access to same-day, confidential mental health and crisis intervention support, and in multiple languages. Phone: 206-616-7777. Website: <https://wellbeing.uw.edu/huskyhelpline/>

Harborview Abuse & Trauma Center (available to all persons): The Center provides advocacy services for survivors of sexual assault and crime, as well as for people affected by gun violence. <https://depts.washington.edu/uwhatc/>

King County Sexual Assault Resource Center: 24-Hour Resource Line. Phone: 888.99.VOICE (888.998.6423). <https://www.kcsarc.org/en/get-help-now/>

RAINN: RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE). Website: <https://www.rainn.org/>

COMPLAINTS AND COMPLIANCE

UW Campus Human Resources: For complaints concerning the behavior of staff employees at all UW locations, including student employees. Phone: 206-543-2354. Website: <https://hr.uw.edu/contact-us/>

UW Office of the Ombud: We serve the entire University of Washington community by providing a collaborative and confidential environment to discuss your situation, consider options, and develop a plan for the future. Main Line: 206-543-6028. Email: ombuds@uw.edu. Website: <https://www.washington.edu/ombud/>

UW Safe Campus: Safe Campus is the central reporting office if you are concerned for yourself or a friend. We have trained specialists who will take your call, connect you with resources, and put safety measures in place to reduce the chances of violence occurring. Available 24/7. Phone: 206-685-SAFE (206-685-7233). Email: safecampus@uw.edu. Website: <https://www.washington.edu/safecampus/>

UW Title IX: Sexual assault and harassment resources and reporting for all UW students, staff and faculty. Phone: 206-616-5334. Email: tixinv@uw.edu. Website: <https://www.washington.edu/titleix/>

UAW 4121: A union of graduate and undergraduate AEs (Research Assistants, Teaching Assistants, Staff Assistants, Reader, Graders, Tutors), Postdocs, and Research Scientists at the University of Washington. The union advocated for better living conditions, including wages, health care, equity and anti-discrimination, housing, international scholar issues, climate change, childcare and family leave, and much more.
<https://www.uaw4121.org/>

UW Grievance and Dispute Resolution: The ADA Coordinator can provide information, assistance, and referrals to individuals who wish to raise a complaint or have concerns related to accessibility and accommodations, or possible discrimination due to a disability. Phone: 206-543-9717. Email: adaoffice@uw.edu. Website: <https://www.washington.edu/ada/barriers-grievances/grievance-and-dispute-resolution-resources/>

UW Workplace Violence: Provides recourse for experiencing violent or threatening behavior at UW, including: physical acts, oral or written statements, email messages, telephone calls, gestures and expression. In addition, a full time Victim Advocate is available to support victims, their families, and witnesses through the process of physical, emotional and financial recovery. Phone Victim Advocate: 206-543-9337. Email Victim Advocate: dolcin@uw.edu. Website: <https://hr.uw.edu/policies/workplace-violence/>