

A Husky Hillel Wellness Checklist

- ✓ Know that seeking help is a sign of strength
 - Consider having a plan to maintain your mental health, including who you will turn to for support if your normal coping skills aren't working -- a trusted friend or family member, a resident advisor, a professor, or a counselor.
 - Pay attention to signs that you are feeling stressed and overwhelmed and reach out before it becomes a crisis if possible -- there are so many resources on campus and in the community to support you!
- ✓ Familiarize yourself with Counseling Resources and consider reaching out early in the quarter
 - If you have been receiving mental health treatment at home and want to continue with a local therapist/psychiatrist, it is important to first end services with one provider and reach out before school starts to establish a relationship with a new provider. Ensuring services well before the beginning of the school year will allow for the time it takes to establish rapport with someone new.
 - UW Counseling offers short-term counseling and groups, and Hillel UW offers low-cost counseling to Jewish undergraduate and graduate students.
- ✓ Seek out spaces of comfort and understanding on campus
 - Hillel offers community, learning opportunities and cultural and religious offerings. Schedule a coffee with Rabbi Lauren Kurland, Hillel's Senior Jewish Educator and/or Ellie Rips, Hillel's Assistant Director; and learn about Welcome Back to School events.
 - Additional places on campus that provide spaces of comfort and understanding include the Q Center and the Kelly Ethnic Cultural Center.
 - Also, the Stroum Center for Jewish Studies offers classes to learn more about Jewish history and identity.
- ✓ Look for other types of support – counseling is not the only option
 - The Husky Live Well office offers peer health educators and support around prioritizing your wellbeing
 - Check out the UW Mindfulness Meditation Classes at the IMA
 - If you need accommodations the Disability Resources for Students is a great resource on campus
- ✓ Set up good overall wellness habits for eating healthy, developing good sleep hygiene and a regular exercise routine
- ✓ Be open to new experiences, new friends and get involved on campus and at Hillel
 - Check out all the events at UW's Dawg Daze
 - Consider learning about and joining one of the many UW Student Organizations
 - Learn about and join us at one of the Hillel UW Welcome Events

Links to Resources

Campus & Community Mental Health Resources

- ✓ UW Counseling <https://wellbeing.uw.edu/unit/counseling-center/> -- individual/group counseling
- ✓ Hall Health <https://wellbeing.uw.edu/unit/hall-health/> -- provides physical and mental health care (including medication) to UW students
- ✓ UW Safe Campus <https://www.washington.edu/safecampus/>

- ✓ Hillel UW Counseling Program (a partnership with Jewish Family Service) <https://www.hilleluw.org/counseling/>
- ✓ Counseling & Addiction Services - Jewish Family Service Seattle <https://www.jfsseattle.org/get-help/counseling-and-addiction-services/>
- ✓ Crisis Connections 24 hour crisis line 866-427-4747 <https://www.crisisconnections.org/>
- ✓ National Suicide Prevention Line 9-8-8
- ✓ 24/7 Crisis Text Line text HOME to 741741

Finding Community at Hillel & on Campus

- ✓ Hillel UW <https://www.hilleluw.org/>
- ✓ Q Center <https://sites.uw.edu/qcenter/>
- ✓ Ethnic Cultural Center <http://depts.washington.edu/ecc/>
- ✓ Jewish Studies @ UW <https://jewishstudies.washington.edu/>

Wellness & Support on Campus

- ✓ Live Well <https://wellbeing.uw.edu/peer-wellness-coaching/>
- ✓ Exercise (*UW IMA – recreation facility, yoga, intramurals*) <https://www.washington.edu/ima/>
- ✓ Mindfulness <https://www.washington.edu/ima/mindfulness/>
- ✓ Disability Resources <https://depts.washington.edu/uwdrs/>
- ✓ Nutrition <https://hfs.uw.edu/Eat/Food-and-Nutrition>
<https://www.washington.edu/ima/peer-nutrition-program/>

Back to School

- ✓ Dawg Daze <https://dawgdaze.fyp.uw.edu/>
- ✓ Student Organizations <https://huskylink.washington.edu/organizations>
- ✓ Hillel Welcome Events: see our calendar! <https://www.hilleluw.org/events/>



Hillel UW counseling services are confidential and affordable.

Visit <http://www.orliyahmft.com> to learn more about the counselor's theoretical approaches. To set-up an initial counseling session, or if you have questions about the Hillel counseling program, please email Orliyah Finnegan at counselor@hilleluw.org. Complete information can be found here: <https://www.hilleluw.org/counseling/>