Support for Students

Please know that support resources are available at the UW through the Counseling Center or Hall Health provide a safe and confidential place to process any emotions you may be having.

In addition, UW has recently launched a drop-in program, Let's Talk, that allows you to connect with experienced counselors without an appointment.

Well-Being for Life & Learning Initiative

Through the UW Resilience Lab, the Well-Being for Life & Learning Initiative (WBLL) supports faculty who are developing learning environments that promote well-being. The initiative focuses on student connectedness, inclusive teaching practices, resilience coping skills (e.g., mindfulness, gratitude, self-compassion, and growth mindset), and connecting to the environment.