

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 & 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, Ellie Rips, Hillel's Assistant Director, and/or Jess Friedman, Hillel's Springboard Fellow; 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. o 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



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](#)

Set up good overall wellness habits for eating healthy, developing good sleep hygiene and a regular exercise routine.

Links to Resources:

Campus and 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/>
- Counseling & Addiction Services - Jewish Family Service Seattle <https://www.jfsseattle.org/get-help/counselingand-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 UW and 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 and 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 UW Counseling Program, please email Orliyah Finnegan at counselor@hilleluw.org.

Complete information can be found here: <https://www.hilleluw.org/counseling/>

