

Back to School 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 try to reach out before school begins (or at the beginning of the year) as it can take some time to get started with a new provider.
 - [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 UW offers community, learning opportunities, and cultural and religious programming for Jewish students at UW and nearby colleges. Schedule a coffee with [Rabbi Lauren Kurland, Senior Jewish Educator](#) and/or [Ellie Rips, Director of Jewish Student Life](#).
 - Additional places on campus that provide spaces of comfort and understanding include the [Q Center](#) and the [Kelly Ethnic Cultural Center](#).
 - 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 (Intramural Activities Building).
 - For various accommodations, the [Disability Resources for Students](#) is a great on-campus resource.
- ✓ **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.**
 - Check out all the events at [Dawg Daze](#) (September 21st-30th).
 - 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 or programming for the High Holidays](#).

Quick Links

Campus & Community Mental Health Resources

- ✓ UW Counseling, individual/group counseling: <https://www.washington.edu/counseling/>
- ✓ Hall Health, provides physical and mental health care (including medication) to UW students: <https://wellbeing.uw.edu/topic/mental-health/>
- ✓ 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/>
- ✓ Crisis Connections 24 hour crisis line: 866-427-4747 <https://www.crisisconnections.org/>
- ✓ National Suicide Prevention Line: 988

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/>
- ✓ UW Jewish Studies: <https://jewishstudies.washington.edu/>

Wellness & Support on Campus

- ✓ Live Well: <https://wellbeing.uw.edu/peer-wellness-coaching/>

- ✓ Exercise (UW Intramural Activities Building – 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: <https://www.hilleluw.org/welcome-class-of-2026/>