A Husky Hillel Wellness Checklist
fall 2023

✓ Know that seeking help is a sign of strength
  o 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.
  o 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
  o 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.
  o 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
  o 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 Director of Jewish Student Life; and learn about Welcome Back to School events.
  o 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
  o The Husky Live Well office offers peer health educators and support around prioritizing your wellbeing
  o Check out the UW Mindfulness Meditation Classes at the IMA
  o 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
  o Check out all the events at Dawg Daze -- September 20-29, 2023
  o Consider learning about and joining one of the many UW Student Organizations
  o 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/](https://wellbeing.uw.edu/unit/counseling-center/) -- individual/group counseling
✓ Hall Health [https://wellbeing.uw.edu/unit/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/](https://www.washington.edu/safecampus/)
✓ Hillel UW Counseling Program (a partnership with Jewish Family Service) [https://www.hilleluw.org/counseling/](https://www.hilleluw.org/counseling/)
✓ Crisis Connections 24 hour crisis line 866-427-4747 [https://www.crisisconnections.org/](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/](https://www.hilleluw.org/)
✓ Q Center [https://sites.uw.edu/qcenter/](https://sites.uw.edu/qcenter/)
✓ Jewish Studies @ UW [https://jewishstudies.washington.edu/](https://jewishstudies.washington.edu/)

Wellness & Support on Campus

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

Back to School

✓ Dawg Daze (September 20 – 29, 2023) [https://dawgdaze.fyp.uw.edu/](https://dawgdaze.fyp.uw.edu/)
✓ Student Organizations [https://huskylink.washington.edu/organizations](https://huskylink.washington.edu/organizations)
✓ Hillel Welcome Events [https://www.hilleluw.org/welcome-class-of-2027/](https://www.hilleluw.org/welcome-class-of-2027/)

Hillel UW counseling services are confidential and affordable.

Complete information can be found here: [https://www.hilleluw.org/counseling/](https://www.hilleluw.org/counseling/)

To set-up an initial counseling session, or if you have questions about the Hillel counseling program, please email Orliyah at counselor@hilleluw.org.