

资源整理|UW咨询资源一览

原创 | UW peer support 木禾心理UW

2022-04-04 19:00

木禾UW

UW咨询资源整理来啦！

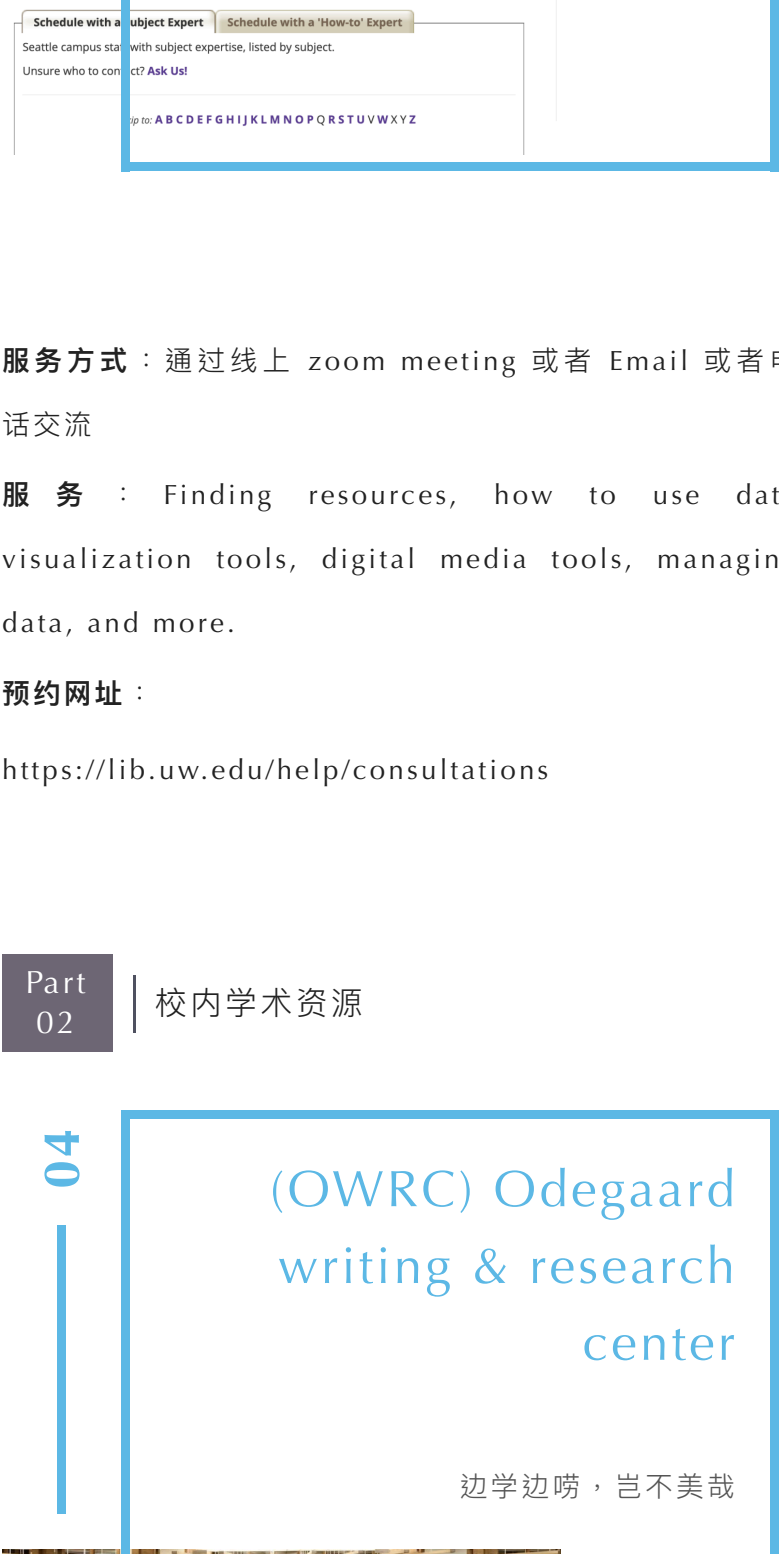
又是开学季，
樱花开了又落了，
有些小伙伴的忧愁却长盛不衰。

别担心，
木禾UW吐血整理了UW心理相关咨询资源
让你的烦恼有花落之处！

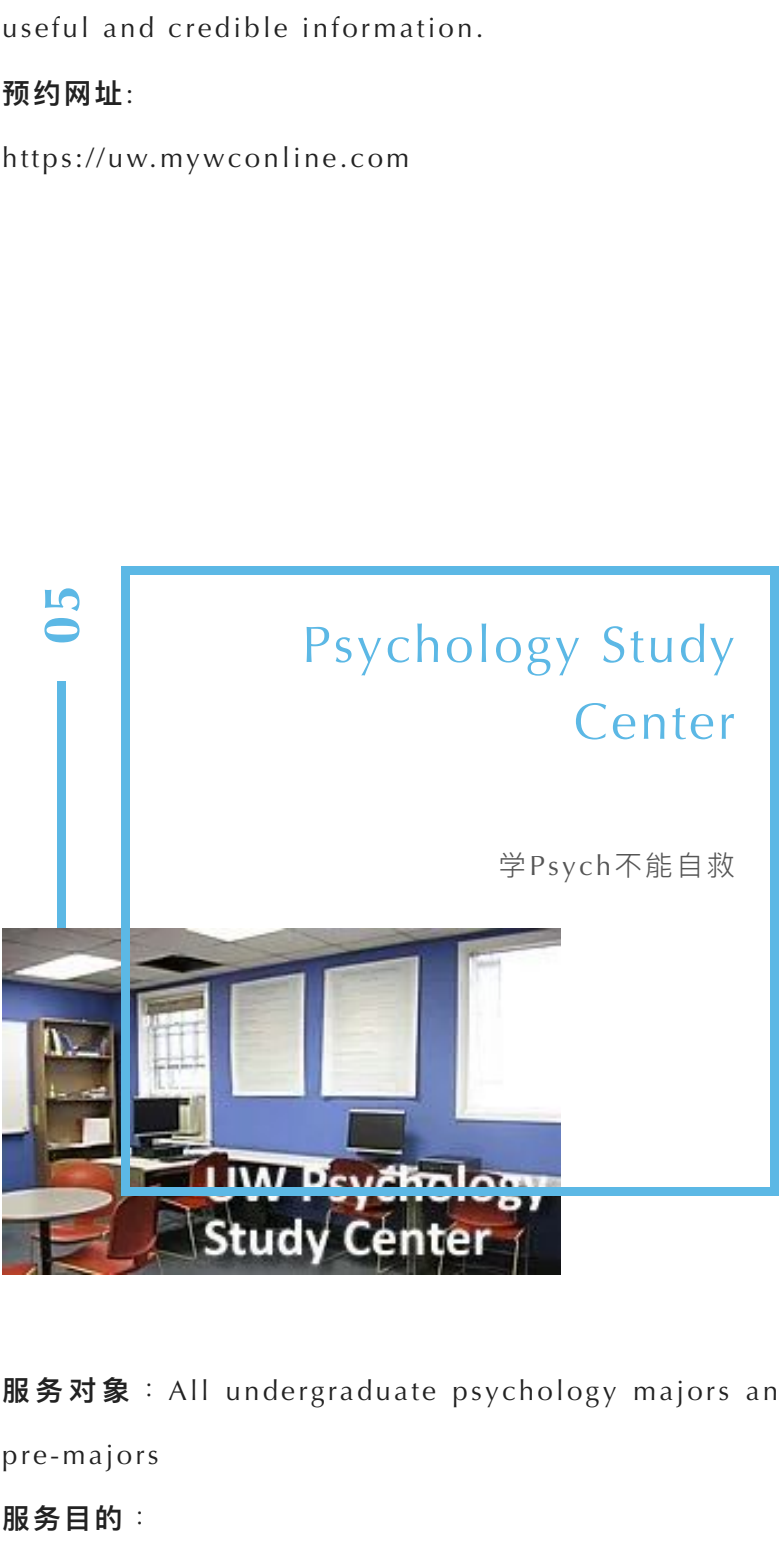
part 01 | 校内咨询



官网：
<https://www.washington.edu/counseling/>
电话：206-543-1240
地址：401 Schmitz Hall
工作时间：工作日 8 am--5 pm
服务：Mental health resources, workshops, individual/group counseling, referrals, and crisis service.



官网：
<https://wellbeing.uw.edu/topic/mental-health/>
电话：866.775.0608
Email：uwahc@uw.edu
地址：4060 E Stevens Way NE
营业时间：M, W, Th, F: 8 a.m. – 5 p.m.
Tuesday: 9 a.m. – 5 p.m.
药房小时：Monday – Friday: 9 a.m. – 5 p.m.
关门时间：Saturday, Sunday & UW holidays
服务：individual and group counseling, referrals, crisis services, psychiatric consultation, and medication.



服务方式：通过线上 zoom meeting 或者 Email 或者电话交流
服务：Finding resources, how to use data visualization tools, digital media tools, managing data, and more.
预约网址：
<https://lib.uw.edu/help/consultations>

Part 02 | 校内学术资源



服务方式：zoom meeting / in person
官网：
<https://depts.washington.edu/owrc/>
地址：Ode一楼大厅，正门正对面
Spring quarter 工作时间：
周一 9:30 am – 5:30 pm.
周二到周四 9:30 am – 7:30 pm
周五 9:30 am – 3:30 pm
周六 closed
周日 3:30 pm – 7:30 pm
服务：
Edit drafts, defining a research question, exploring background information, narrowing or broadening a topic, finding appropriate sources, and identifying useful and credible information.
预约网址：
<https://uw.mywonline.com>

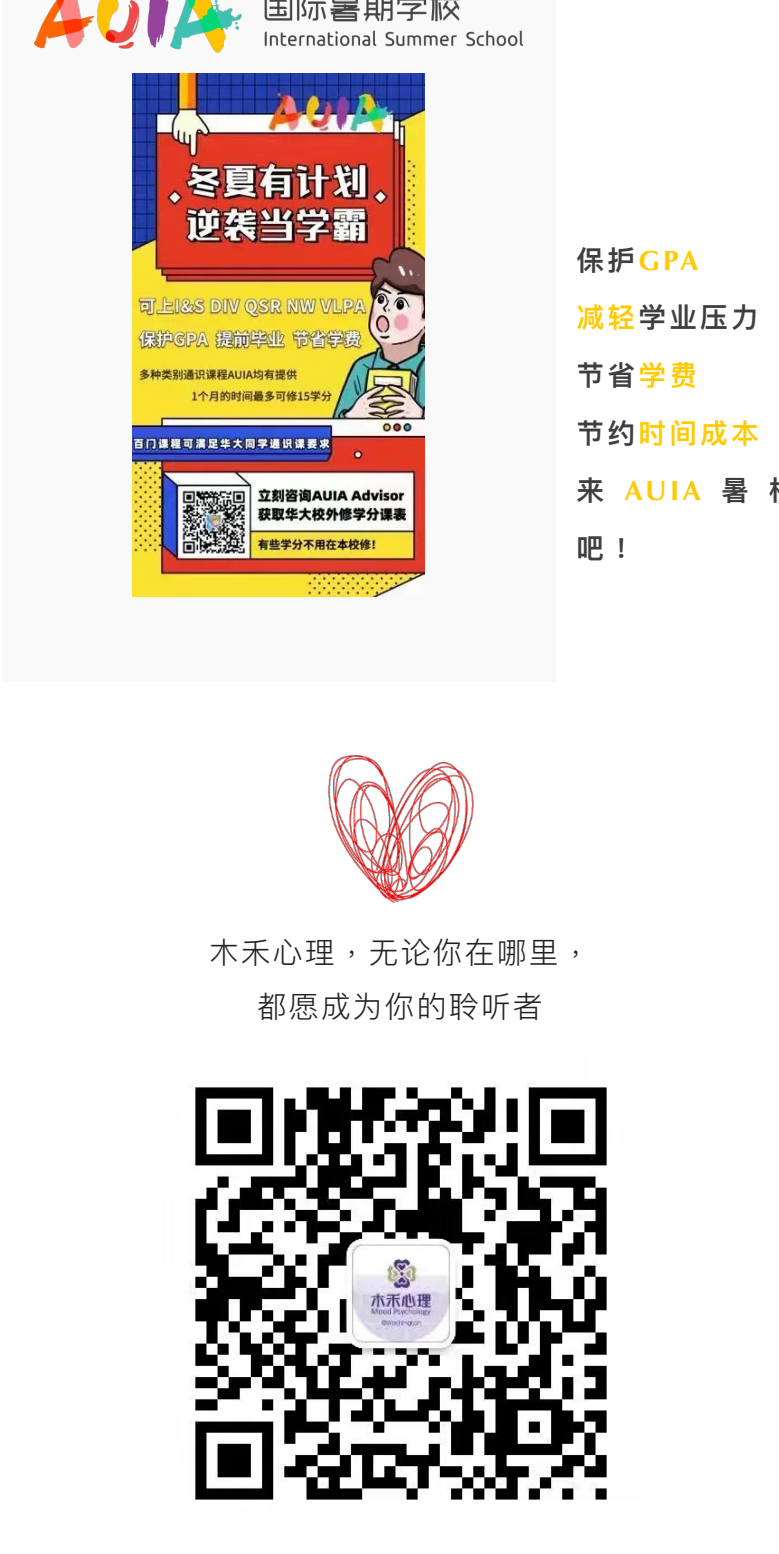


服务对象：All undergraduate psychology majors and pre-majors
服务目的：Group study, review sessions and office hours. (This space offers two computers for student use, small tables, tables, etc)
地址：Chemistry Library Building, room 036 (不需要预约)
联系方式：psydavis@u.washington.edu



网址：
<https://psych.uw.edu/undergraduate/writing-center>
spring2022转至线上 - 预约/取消预约网址：
<https://psych.uw.edu/undergraduate/writing-center/appointments>
联系方式：psycw@uw.edu
服务目的：help students to write evidence-based papers in psychology and explain the reasons for writing that way
服务对象：Undergraduates writing in UW psychology courses and Psychology majors writing research papers and graduate school statements
服务时长：30分钟
需要准备：either a draft (can be incomplete) or a concrete idea about what you want to write.

Part 03 | 校外资源



电话：866.775.0608
在线对话：(<https://us.myissp.com/>) or on the My SSP app
服务对象：UW partners with My SSP to give students access to same-day, confidential mental health and crisis intervention support, 24/7 and in multiple languages.

官网：<https://spsi.org/>
地址：4020 E Madison St, Suite 230
Seattle, WA 98112
Zan Christensen, Administrator
电话：(206) 328-5315
Email: info@spsi.org
工作时间：工作日 10am-6pm

服务方式：text/WhatsApp
官网：<https://www.crisistextline.org/>
工作时间：24/7
服务：Crisis Text Line is a global not-for-profit organization providing free mental health texting service through confidential crisis intervention via SMS message.

咨询模式多种多样，
无论是喜欢线上还是线下的小伙伴们都可以无障碍尝试
心里有苦恼的朋友们不要在憋着啦，
快去尝试一下这些资源吧！

主笔：木禾UW peer support
排版：鸽尔曼
校对：Irene

木禾UW目前火热招新中🔥
有兴趣的小伙伴速来！

木禾的长期线上活动「排忧解难」正在火热进行中，点击下图，把你的烦恼统统告诉我们吧！后续会有专业的心理医生和心理咨询师解答！

木禾心理，无论你在哪里，
都愿成为你的聆听者

END

喜欢此内容的人还喜欢

22Fall木禾朋辈支持项目Mentee招募!
木禾心理UW

