


# UW/Seattle Community Hub ??/?????????

- [ReadMe](#)
- [\[REDACTED\]](#) - [\[REDACTED\]](#) [UW\[REDACTED\]](#)
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# ReadMe






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# Mission Statement



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

-  culturally-sensitive 
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# Wiki??????

 Wiki

<https://wiki.foryoupage.org/books/2-communities-us/chapter/uwseattle-community-hub>

Wiki

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## ???????Wiki

1.  Wiki [UW Seattle Community Hub](#)
2.
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5. 
  - Sign UP
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6.  Wiki

## ????

- [shufan@foryoupage.org](mailto:shufan@foryoupage.org)



17.9%

of young migrants had attempted suicide[1]

7.7%

of international students reported some form of suicidality [2]

# Empowering Dreams Beyond Borders

*Bravery in pursuing education abroad should not lead to suffering*

Cultural Shock | Language Barriers | Mental Health Stigma | Academic Pressure

Social Isolation | Limited Access to Culturally Sensitive Resources | Immigration Anxiety

## Mission Statements

Our mission is to empower international students and immigrant children to thrive in American academia by providing culturally sensitive mental health support and fostering inclusive communities.

Get Involved [shufan@foryoupage.org](mailto:shufan@foryoupage.org)

Initiative led by Joanna and Shufan

[1] Plener P.L., Munz L.M., Allroggen M., Kapusta N.D., Fegert J.M., Groschwitz R.C. Immigration as risk factor for non-suicidal self-injury and suicide attempts in adolescents in Germany. *Child Adolesc. Psychiatry Ment. Health.* 2015;9:34. doi: 10.1186/s13034-015-0065-4.

[2] Veresova M, Lamblin M, Robinson J, McKay S. A systematic review and narrative synthesis of prevalence rates, risk and protective factors for suicidal behavior in international students. *Front Psychiatry.* 2024 Mar 14;15:1358041. doi: 10.3389/fpsy.2024.1358041. PMID: 38550533; PMCID: PMC10973160.

# ???????????? - ???UW????

???https://wellbeing.uw.edu/unit/counseling-center/

## ????

- ????? 911
- ???? Husky HelpLine???? MySSP?
  - ?? (206) 616-7777
  - ?????? Telus???? Telus??
  - ?? Telus??? Apple App Store ? Google Play







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## ??????







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- ?? 401 Schmitz Hall
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  - ????????? 9:00 - ?? 4:00
  - ???? 10:00 - ?? 4:00
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206.543.1240

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  -  Telus 24/7

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- COVID
- Now Matters Now
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- UW - UW Counseling Center services
- - Seattle Mental Health hotlines
- - UW Medicine Mental Health Care
- UW - UW Academic Support Programs




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- Instagram
- Facebook

[illegible]UW 

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Services and Activities Fee






















-   | [academicsupport.uw.edu](https://academicsupport.uw.edu) | 206.685.8299
-   **CIRCLE**   | [washington.edu/circle](https://washington.edu/circle) | 206.685.4004
-   |   | 206-543-1240
-   **DRS**   | [depts.washington.edu/uwdrs](https://depts.washington.edu/uwdrs) | 206.221.9117
- **Husky Health**   | [wellbeing.uw.edu/medical-get-started](https://wellbeing.uw.edu/medical-get-started) | 206.685.1011
-   **ISS**   | [iss.washington.edu](https://iss.washington.edu) | 206.221.7857

- **LiveWell** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] | [livewell.uw.edu/survivor-support-advocacy](http://livewell.uw.edu/survivor-support-advocacy) | 206.543.6085
- **Q** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] | [sites.uw.edu/qcenter](http://sites.uw.edu/qcenter) | 206.897.1430
- [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] | [washington.edu/financialaid](http://washington.edu/financialaid) | 206-543-6101
- **MiResource** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] | [uwcc.miresource.com](http://uwcc.miresource.com) | [support@miresource.com](mailto:support@miresource.com)

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- [redacted] [redacted] 911 [redacted]  
 • [redacted] [redacted] Husky Health Center  
 [redacted] 206-685-1011 [redacted]  
 • [redacted] [redacted] Husky Health Center [redacted]  
 • [redacted] [redacted] 24 [redacted] 206-520-7511  
 [redacted]



















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- **24**             UW            

????<https://kingcounty.gov/en/legacy/depts/community-human-services/mental-health-substance-abuse/services/crisis-services>

- **866-789-1511**  24/7
- (King County)



-  ADHD 
-  ASD 
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- HIV 
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- - Anxiety
  - Bipolar Disorder
  - Depression
  - Panic disorder
  - Obsessive-compulsive disorder
  - Post-traumatic stress disorder
  - Phobias
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- (PTSD)

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????<https://academicsupport.uw.edu/>

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<https://academicsupport.uw.edu/clue/>

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□□ Mary Gates Hall □□□

□□□□ <https://academicsupport.uw.edu/clue/discussion-sessions-exam-reviews/>

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<https://academicsupport.uw.edu/study-skills/>

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<https://lib.uw.edu/ougl/owrc/>

□□□□□□ <https://uw.mywconline.com/schedule/calendar?scheduleid=sc66db28cf98ab3>

□□□□□□□□ <https://guides.lib.uw.edu/research/owrc-research>



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<https://www.psychologytoday.com/us/therapists/washington?category=online-counseling&spec=343>

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1. “All Filters”

All Filters

Insurance ^

- ☐ Premiera Blue Cross
- ☐ First Choice Health | FCH
- ☐ Blue Shield
- ☐ Aetna
- ☐ UnitedHealthcare UHC | UBH
- ☐ Optum
- ☐ Regence
- ☐ Kaiser (Out-of-Network)
- ☐ Elevance | Anthem
- ☐ Cigna and Evernorth
- ☐ LifeWise
- ☐ PacificSource
- ☐ BlueCross BlueShield
- ☐ Blue Cross
- ☐ Providence

Show More Insurances




“Show ### Therapists”

Show 36 Therapists

2.



Wensi (Macy) Dong

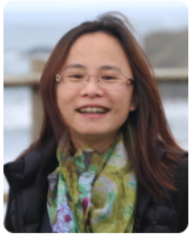
Marriage & Family Therapist, MS, LMFT, RPT  Verified  4 Endorsed  
 Redmond, WA 98052 (Online Only)

身在异国他乡，没有合适的人诉说心里的困惑？对生活、工作、两性关系有很多疑问？正在头疼孩子的教育，尤其是想知道如何与在青春期的孩子交流？抑或正处于在是否离婚的徘徊中？很多人在生活中都有这样或那样的困扰，对外寻求帮助是面对改变的所迈出的勇敢的第一步。...

(425) 215-0955

Email

View



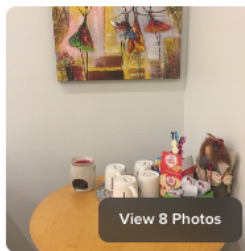
## Wensi (Macy) Dong

Marriage & Family Therapist, MS, LMFT, RPT (she, her)

✓ Verified by Psychology Today    4 Endorsed

English | 中文

When you wish you could have someone with whom you can share your pain, doubts and questions, I am here to listen with completely non-biased and non-judgmental support. God blessed me with a compassionate heart enabling me to genuinely listen, to care and to love. I truly believe every soul will recover when given genuine care, love and understanding. With years of mental health experience as an ABA therapist and child, youth and family therapist at NAVOS, plus HR experience, I am building a solid reputation for providing standout quality child, youth, adult and family counseling.



View 8 Photos

I use play therapy to create a safe environment for children; art therapy for right brain truth seeking; and EFT so couples understand attachment needs are universal. With a different level of understanding for minorities as I am Asian, minorities and mixed-culture couples are other specialties of mine.

Teamed with my supervisors, we are supported by recognized leaders from the psychotherapy industry. I share my theory, method and working process. I share my insights and ask non-biased, non-judgmental questions to help you find your answers in life; counseling in both

Let's Connect



(425) 215-0955



Email me

### My Practice at a Glance



Available online only



iUnderstand LLC  
Redmond, WA 98052  
(425) 215-0955



iUnderstand LLC  
Redmond, WA 98052

Email me

My website

Share



I specialize in Relationship Issues, Child and Sex Therapy >



\$180 Per Session >



I see individuals, couples and families, and speak Mandarin >



✓ Mandarin

3. , " "




Email  
**Wensi (Macy) Dong**



- Don't be shy. Here are some tips:
- 1. Briefly explain who you are, and what brings you here?
  - 2. What do you want (i.e. an initial consult or a question about fees or insurance)?
  - 3. When are you available, and how best to reach you (phone, text or email)?

☐ I'm not a robot

  
reCAPTCHA  
[Privacy](#) - [Terms](#)

Send Email

Your email will be sent to the therapist and a copy will be provided to you for your records. Psychology Today does not read or store your email. Please note that email communication may not be entirely secure. Sending an email through this page does not guarantee that the recipient will receive, read, or respond to it and spam filters could prevent its delivery.

Although the therapist is expected to reply by email, we recommend that you also follow up with a phone call. If you would rather communicate via phone, please include your contact number above.

If this is an emergency do not use this form. Call 911 or your nearest hospital.

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Circle: Center for International Relations & Cultural Leadership Exchange

????<https://www.washington.edu/circle/programs/student-success-coaching/>

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■■■■ <https://outlook.office365.com/book/UniversityofWashington7@cloud.washington.edu/>

2 - 4 p.m.



[Schmitz Hall 250](#)