

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

- [ReadMe](#)
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# ReadMe

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# Mission Statement

Three rows of empty boxes for writing answers, each row containing 20 boxes.

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

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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](#)
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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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  - ?? Let's Talk
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4. ?????
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## ??????







- ?????????????
- ?? 206.543.1240
- ?? 401 Schmitz Hall
- ?????
  - ????????? 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

UW

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Services and Activities Fee

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

????https://wellbeing.uw.edu/mental-health/mental-health-resources/

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[UW](#) ██████

## LiveWell ??????

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

- **LiveWell** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] | [livewell.uw.edu/survivor-support-advocacy](http://livewell.uw.edu/survivor-support-advocacy) | 206.543.6085
- **Q** [ ] [ ] LGBTQIA [ ] | [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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- **24** Crisis Connections | 866-427-4747
- **Crisis Text Line** 24 | HEAL 741741
- **Fireside Project**
- **11** 11
- **623-473-743**



????<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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Ode????????

<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





✔ Verified by Psychology Today    👍 4 Endorsed

[View 8 Photos](#)

- ✓ Mandarin

3. 

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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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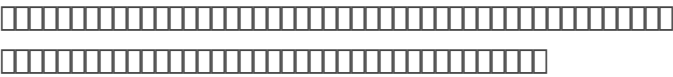
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□□□□□□ <https://www.psychologytoday.com/>□

# ???????? - Circle

Circle: Center for International Relations & Cultural Leadership Exchange

Circle



## Student Success & Well-being Coaching

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



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

## Let's Talk At CIRCLE

15 1v1

2 - 4 p.m.



[Schmitz Hall 250](#)