

UW/Seattle

Community Hub



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

ReadMe



Mission Statement



- ☐culturally-sensitive☐
- ☐
- ☐
- ☐











Wiki

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Wiki

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

Wiki

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Wiki

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-  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

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.



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









 <https://wellbeing.uw.edu/unit/counseling-center/>



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



1. 
 -  Let's Talk
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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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- - 24/7



- 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



- Instagram
- Facebook

UW Services and Activities Fee

UW

- UW



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



UW

LiveWell

Peer Wellness
Care

- Zoom LiveWell 109 Elm Hall Zoom
-

911



- | academicsupport.uw.edu | 206.685.8299

- **CIRCLE** | [washington.edu/circle](http://www.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 | 206.543.6085
- **Q** | **LGBTQIA** | | sites.uw.edu/qcenter | 206.897.1430
- | | | washington.edu/financialaid | 206-543-6101
- **MiResource** | | uwcc.miresource.com | support@miresource.com



- | | | | 911
- | | | | **Husky Health Center** | | 206-685-1011
- | | | | **Husky Health Center** | | | |
- | | | | 24 | | 206-520-7511 | |



- **24** | | | **UW** | | |
 - **Crisis Connections** | | 24 | | | | | 866-427-4747
 - **Crisis Text Line** | | 24 | | | | | | **HEAL** | 741741
- | | | **Fireside Project** | | | |
 - | | | 11 | | 11 | | | |
 - | | | | 623-473-743

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

- [911](tel:911)
- stopoverdose.org/

- [206-461-3222](tel:2064613222)

- [206-289-0287](tel:2062890287)
[Buprenorphine](#)
- [Naloxone](#) [Peer](#)

- [Peer](#)
- [Peer Seattle](#) 1520 Bellevue Ave STE 100 Seattle, WA 98122

◦ **Peer Kent** 216 W Gowe St, STE 300 Kent, WA 98032



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

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████ <https://www.uwmedicine.org/mental-health-care>

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- Anxiety

- Bipolar Disorder

- Depression

- Panic disorder

- Obsessive-compulsive disorder

- Post-traumatic stress disorder

- Phobias

- □□□□□□□

- □□□□□ (PTSD)



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



 7  11 

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



 Mary Gates Hall 

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



<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>



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

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View




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3. , " "



1. Briefly explain who you are, and what brings you here?
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3. When are you available, and how best to reach you (phone, text or email)?

☐ I'm not a robot
 
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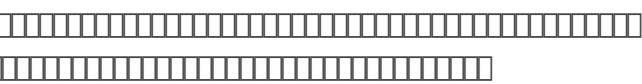
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- Circle











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

15v1

2 - 4 p.m.

Schmitz Hall 250