2?? Communities

- NYC/NYU/COLUMBIA COMMUNITY HUB
  - Community To Do List
  - □□ NYC Party & Fun Guide for New Visitors □□
- NRV/BLACKSBURG/VT COMMUNITY HUB
  - Projects
- NASHVILLE/VANDERBILT COMMUNITY HUB
- SF/BAY AREA COMMUNITY HUB
  - Community Hub
- NORTHERN VIRGINIA COMMUNITY HUB
  - Schools List
  - Email Script
  - Community To Do
- ATLANTA COMMUNITY HUB
- UNC-CHAPEL HILL COMMUNITY HUB
  - Projects
- UW/Seattle Community Hub 华大__/西雅图心灵驿站_____
  - ReadMe
  - 华盛顿大学心理健康服务信息_____-如果你是_____UW学生点这里_____
  - UW综合心理健康资源_____- UW学生的更多资源_____
  - 西雅图心理健康热线_____- 尤其与用药问题相关_____
  - 华大医学心理健康中心_____- 如果你没有在正常学期内_____/非_UW学生点这里_____
  - 华大学术帮助资源_____- 如果你的心理问题是由于学习导致_____
  - 心理评估或诊断_____

- [□□□□□□□□□ - Circle]

NYC/NYU/COLUMBIA COMMUNITY HUB

NYC/NYU/COLUMBIA COMMUNITY HUB

Community To Do List

? NYC Party & Fun Guide for New Visitors ?

Bars, Beaches, Events, More Events, More more events

Getting Around:

• Download the NYC subway app
• Get a MetroCard for easy subway/bus access
• Use Citibike for short trips
• Uber/Lyft for late nights or group travel

Must-Visit Areas:

1. East Village: Quirky bars & vintage shops
2. West Village: Charming streets & cozy cafes
3. Williamsburg: Hipster paradise & great views
4. Times Square: Tourist central (visit once, then escape!)
5. Central Park: Oasis in the city

Food Adventures:

• $1 pizza slices: Joe's Pizza or 2 Bros
• Dumplings in Chinatown: Joe's Shanghai
• Bagels: Ess-a-Bagel or Russ & Daughters
• Halal food trucks: The Halal Guys
• Iconic burgers: Shake Shack

Nightlife Hotspots:

• Rooftop bars: 230 Fifth, Le Bain
• Dance clubs: House of Yes, Output
• Live music: Blue Note Jazz Club, Brooklyn Steel
• Comedy: Comedy Cellar, UCB Theatre
• LGBTQ+ friendly: Stonewall Inn, Henrietta Hudson

Cool Daytime Activities:

• Walk the High Line
• Visit MoMA (free on Fridays 4-8pm)
• Explore Chelsea Market

• Picnic in Prospect Park
• Take the Staten Island Ferry (it's free!)

Late-Night Eats:

• Veselka: 24/7 Ukrainian comfort food
• Empanada Mama: Open 24/7
• Wo Hop: Late-night Chinese in Chinatown
• L'Express: 24-hour French bistro

Safety Tips:

• Stay aware of your surroundings
• Keep valuables close, especially in crowded areas
• Use official taxi stands or ride-share apps at night
• Trust your instincts

Local Etiquette:

• Walk fast or step aside
• Don't block the sidewalk for photos
• Tip 15-20% at restaurants
• Stand right, walk left on escalators

Hidden Gems:

• The Campbell Bar in Grand Central
• Sleep No More immersive theater
• Smorgasburg food market (weekends)
• The Elevated Acre secret garden

NRV/BLACKSBURG/VT COMMUNITY HUB

Projects

- CRM
- Recovery Ally Training

NASHVILLE/VANDERBILT COMMUNITY HUB

SF/BAY AREA COMMUNITY HUB

SF/BAY AREA COMMUNITY HUB

Community Hub

https://www.cycsf.org/

NORTHERN VIRGINIA COMMUNITY HUB

NORTHERN VIRGINIA COMMUNITY HUB

Schools List

List of FCPS high schools/community organizations

- ourmindsmatter, a student-led movement to change the school culture around mental health.
  - https://ourmindsmatter.org/about/
- Healthy Minds Fairfax, coordinates a full range of mental health and substance abuse services for children and youth across multiple county agencies, the school system and private treatment providers; helps youth and families in the Fairfax-Falls Church community access mental health and substance abuse services, and improve the quality of those services
  - https://www.fairfaxcounty.gov/healthymindsfairfax/
- active minds, centreville high school
  - sponsor contact: Jake Uden; jguden@fcps.edu
- psychology club, westfield high school
  - sponsor contact: Kieran Hahne; (no email visible)
- young hearts club, woodson high school
  - sponsor contact: Margie Shapiro; MSShapiro@fcps.edu
- fairfax minds matter, fairfax high school
  - sponsor contact: Ashley Curl; amcurl@fcps.edu
- tj minds matter (active minds), thomas jefferson high school
  - sponsor contact: (no one available)
- psychology clubl thomas jefferson high school
  - sponsor contact: (no one available)

Person of Contact

- Dr. Tracey Scott, Resource Counselor Fairfax County Public Schools
- Lauren Anderson, Executive Director of Our Minds Matter
- Janet Bessmer, CSA Program Manager
- Peter Steinberg, Healthy Minds Fairfax Program Manager
  - DFSHealthyMinds@fairfaxcounty.gov; DFSCSA@fairfaxcounty.gov

NORTHERN VIRGINIA COMMUNITY HUB

Email Script

Hi _____,

My name is Sammy Hong. I graduated from Virginia Tech in 2022 with a degree in psychology and statistics. Currently, I am working as a post-bac research assistant and project coordinator at a psychology lab under Virginia Tech. My friends and I are working on building foryoupage.org, a youth-led nonprofit dedicated to tackle mental health crises by bridging the gap between youth and stakeholders, supporting youth taking on advocacy projects, and building communities for youth flourishing. I am very passionate about advocating for mental health awareness, improving youth advocacy in the mental health field, and expanding reliable mental health resources to the public.

We, foryoupage.org, don't build new things; we are looking to work with existing student organizations dedicated to improving youth mental health such as Active Minds to supply more volunteers and resources. Our aim is to assemble these clubs and organizations and create a community hub to provide resources and help for those in need.

I wonder if you guys are interested to collaborate or have a chat so I can learn more about your work?

NORTHERN VIRGINIA COMMUNITY HUB

Community To Do

Goal: to build a community hub among high school students and school officials/teachers and have weekly meetings

- ☐ Contact ourmindsmatter to host community hub meetings and I can help them facilitate the meetings
- ☐ Contact Dr. Tracey Scott who I can contact in terms of recruiting different high schools' clubs and organizations for mental health
- ☐

ATLANTA COMMUNITY HUB

UNC-CHAPEL HILL COMMUNITY HUB

Projects

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

UW/Seattle Community Hub 华大 /西雅图心灵驿站

ReadMe

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Mission Statement

我们的愿景是通过提供符合文化背景的心理健康支持，帮助留学生和移民儿童在美国的学术环境中更好地成长。我们理解，勇敢地选择出国求学不应该带来痛苦。通过消除心理健康问题的偏见，并搭建文化沟通的桥梁，我们希望避免那些常常被忽视的内心挣扎，帮助这些勇敢的人在新的环境中充分发挥他们的潜力。

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二哈计划是一项致力于为美国高校的国际学生和移民子女提供适合她们的文化的心理健康支持的倡议。我们的目标是创造一个更包容、更支持的学习环境，使这些学生能够在新的环境中茁壮成长。

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- 为国际学生和移民子女提供 culturally-sensitive的心理健康资源
- 建立一个包容性的社区，促进学生之间的互助和支持
- 提高对国际学生和移民子女面临的独特挑战的认识
- 为学生提供应对文化冲击、语言障碍和学业压力的工具和策略

Wiki??????

我们的 Wiki 平台是二哈计划的核心组成部分，旨在为学生提供易于访问的信息和资源。这是一个协作平台，每个人都可以贡献和编辑内容。您可以在以下链接找到我们的内容：

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

Wiki的主要功能包括：

1. 信息集中化 ：汇集各种有关心理健康、学术支持和文化适应的资源。

2. 多语言支持：提供中英文双语内容，确保信息对中国学生和其他国际学生都易于理解。
3. 文化敏感性：考虑到不同文化背景，提供符合各国学生需求的资源和建议。
4. 实用指南：提供如何获得咨询服务、应对学业压力和融入校园生活的具体指导。
5. 社区参与：鼓励学生分享经验和建议，形成一个互助社区。每个人都可以编辑和贡献内容。
6. 持续更新：通过社区成员的共同努力，根据学生反馈和新出现的需求不断更新和扩展内容。

???????Wiki

1. 访问我们的Wiki页面：UW Seattle Community Hub
2. 浏览不同的页面类别，如心理健康资源、学术支持、文化适应等。
3. 使用搜索功能查找特定主题或资源。
4. 参与讨论，分享你的经验或提出问题。
5. 编辑现有页面或创建新页面来贡献你的知识和经验。
   - 点击页面上的Sign UP按钮来创造一个账号后即可修改内容。
   - 使用简单的标记语言来格式化你的贡献。
   - 保存你的更改，它们将立即可见。
6. 如果你需要帮助或有关于编辑的问题，请查看Wiki的帮助页面或联系我们。

我们鼓励每个人积极参与，共同建设这个知识库。你的贡献将帮助更多的国际学生和移民子女。

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如果你有任何问题、建议或想要进一步参与到二哈计划中，请联系：

- 邮箱：shufan@foryoupage.org

我们欢迎你的参与和反馈，一起为国际学生和移民子女创造一个更包容、更支持的学习环境！

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/fpsyt.2024.1358041. PMID: 38550533; PMCID: PMC10973160.

UW/Seattle Community Hub 华大 /西雅图心灵驿站

????????????? -????UW?????

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

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- 生命威胁紧急情况: 拨打 911
- 危机热线: Husky HelpLine (前身为 MySSP)
  - 电话: (206) 616-7777
  - 在线聊天: 访问 Telus网站或使用 Telus应用
  - 下载 Telus应用: Apple App Store 或 Google Play

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1. 一对一支持
   - 虚拟 Let's Talk
   - 药物管理
   - 一次性咨询
2. 持续治疗
   - 大西雅图地区的持续咨询选项列表
3. 团体活动
   - 工作坊
   - 团体治疗
   - 宠物治疗
4. 心理健康资源
   - 各种心理健康相关主题的重要信息

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- 服务对象: 仅限华盛顿大学西雅图校区学生
- 电话: 206.543.1240
- 地址: 401 Schmitz Hall
- 夏季开放时间:
  - 周一、三、四、五: 上午 9:00 - 下午 4:00
  - 周二: 上午 10:00 - 下午 4:00
- 所有华盛顿大学假期均休息

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1. 登录学生门户网站
2. 在线预约初次访问
3. 查看即将到来的预约
4. 登记并填写表格
5. 注册短信提醒
6. 更新个人信息（如姓名和代词）

如果无法在线预约，请致电 206.543.1240

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- 对于在华盛顿州的学生：
  - 西雅图校区当前注册的学位项目学生通常有资格使用咨询中心服务
- 对于在州外的学生或任何处于危机中的学生：
  - 可以使用 Telus提供的 24/7多语言心理健康和危机干预支持服务

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- 应对与 COVID相关的压力
- Now Matters Now（现在很重要）项目
- 表格
- 校园地图
- 普通心理健康相关资源
- UW心理咨询中心服务 - UW Counseling Center services
- 西雅图心理健康热线 - Seattle Mental Health hotlines
- 华大医学心理健康 - UW Medicine Mental Health Care
- UW学术帮助项目 - UW Academic Support Programs

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- Instagram
- Facebook

注意：这些服务主要由 UW服务和活动费（ Services and Activities Fee）资助。

UW/Seattle Community Hub 华大 /西雅图心灵驿站

UW????????? - UW???????

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

作为一名华盛顿大学的学生，校园内有许多资源可供您使用。以下是一些重要的心理健康相关信息，帮助您或
他人更好地照顾心理健康。

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UW 心理咨询中心_____

LiveWell ??????

同伴健康指导（ Peer Wellness Care
）是由我们的同伴健康教育者为西雅图校区的学生提供的免费服务。经过额外培训的教育者将作为同伴健康指
导员，帮助您增强个人健康，解决问题，并实现生活中的积极变化。

- 预约方式 ：您可以选择通过 Zoom在线或亲临 LiveWell办公室（ 109 Elm Hall
  ）进行指导。为了获得最佳体验，如果通过 Zoom，我们要求您在整个会话中开启摄像头。
- 指导特点
  ：我们的指导员经过证实的模型培训，采用以优势为基础、多元文化的视角，为您提供支持。

注意
：同伴健康指导并非心理咨询或治疗。如果您正面临严重影响功能和健康的心理问题，建议您与大学咨询中心
预约。我们也不是紧急服务；在任何危及生命的情况下，请拨打 911。

预约链接 ：您可以在 这里 预约指导会话。

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- 学术支持项目 ：学术支持 | academicsupport.uw.edu | 206.685.8299
- 国际关系与文化领导力交流中心（ **CIRCLE**）：国际学生支持 | washington.edu/circle |
  206.685.4004
- 咨询中心 ：预约表格 | 学生门户 | 206-543-1240
- 残障资源服务（ **DRS**）：残障支持 | depts.washington.edu/uwdrs | 206.221.9117
- **Husky Health**: 身体健康 | wellbeing.uw.edu/medical-get-started | 206.685.1011

- 国际学生服务（ **ISS**）：国际学生服务支持 | iss.washington.edu | 206.221.7857
- **LiveWell** 保密顾问 ：性侵犯、关系暴力、跟踪或性骚扰支持 | livewell.uw.edu/survivor-support-advocacy | 206.543.6085
- **Q**中心： LGBTQIA支持 | sites.uw.edu/qcenter | 206.897.1430
- 经济援助 ：财政支持 | washington.edu/financialaid | 206-543-6101
- **MiResource**: 心理健康资源搜索 | uwcc.miresource.com | support@miresource.com

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- 紧急情况 ：如果您有医疗紧急情况，请拨打 911。
- 营业时间内的紧急问题 ： Husky Health Center 为有紧急需求的西雅图校区学生提供当日诊疗。请拨打 206-685-1011预约。
- 学生护理建议 ： Husky Health Center为当前的西雅图校区学生提供免费护理建议。
- 非营业时间的医疗建议 ：在非营业时间，您可以拨打 24小时社区护理热线 206-520-7511 获取紧急医疗建议。

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- **24**小时支持 ：如果您或您认识的人正处于危机中，而 UW的办公室已关闭，以下资源可以提供帮助：
  - **Crisis Connections**: 免费 24小时电话危机支持 | 电话： 866-427-4747
  - **Crisis Text Line**: 免费 24小时短信危机支持 | 短信： 发送 HEAL到 741741
- 心理支持 ： Fireside Project提供与迷幻体验相关的免费、保密、非评判性的情感支持。
  - 服务时间 ：上午 11点至晚上 11点（西雅图时间）
  - 电话或短信 ： 623-473-743

UW/Seattle Community Hub 华大 /西雅图心灵驿站

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

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- 如果有人正在经历药物过量，请立即拨打 **911**。
- 更多信息请访问: stopoverdose.org/

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- 如果您或您所爱的人正面临紧急的心理健康危机，请拨打我们的区域危机热线: **206-461-3222**。专业人员随时准备提供帮助，或派遣行为健康响应者进行现场协助。

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- 拨打 **206-289-0287**，与医生沟通并获取布比诺芬（Buprenorphine，一种阿片类药物治疗药物）的处方。
- 携带纳洛酮（**Naloxone**），随时准备拯救生命。您可以在这里找到纳洛酮，或将其直接送到您家门口。

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- 从公共卫生部门订购芬太尼测试纸
- 您也可以在以下地点的自动售货机领取芬太尼测试纸:
  - **Peer Seattle**: 1520 Bellevue Ave STE 100 Seattle, WA 98122
  - **Peer Kent**: 216 W Gowe St, STE 300 Kent, WA 98032

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- 拨打华盛顿康复热线: **866-789-1511**，全天候 24/7获得免费、关怀、保密的帮助。

- 金县 (King County) 正在增加更多的行为健康设施，帮助人们实现长期康复。

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????https://www.uwmedicine.org/mental-health-care

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988 ????????

如果您或您所爱的人正经历心理健康或物质使用危机，**988** 自杀与危机生命线在全国范围内提供 24/7 的服务。您可以拨打 **988**，发送短信到 **988** 或在线聊天，获取受训辅导员的帮助。

911 ????

如果您或您所爱的人处于迫在眉睫的危险中，请拨打 **911** 或前往最近的急诊室寻求帮助。

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- 注意力缺陷多动障碍（ADHD）治疗
- 自闭症谱系障碍（ASD）治疗
- 儿童和青少年精神病学
- 慢性疼痛管理
- 心理咨询和远程精神病学
- HIV 精神病学
- 基于医院的心理健康护理
- 药物管理
- 心理和生理健康结合
- 癌症患者的心理健康
- 神经调节疗法
- 患者可获得帮助的资源
- 人格障碍治疗
- 精神分裂症治疗

- [illegible]
- [illegible]
- [illegible]
  - Anxiety
  - Bipolar Disorder
  - Depression
  - Panic disorder
  - Obsessive-compulsive disorder
  - Post-traumatic stress disorder
  - Phobias
- [illegible]
- [illegible] (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

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

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1. □□ “All Filters”



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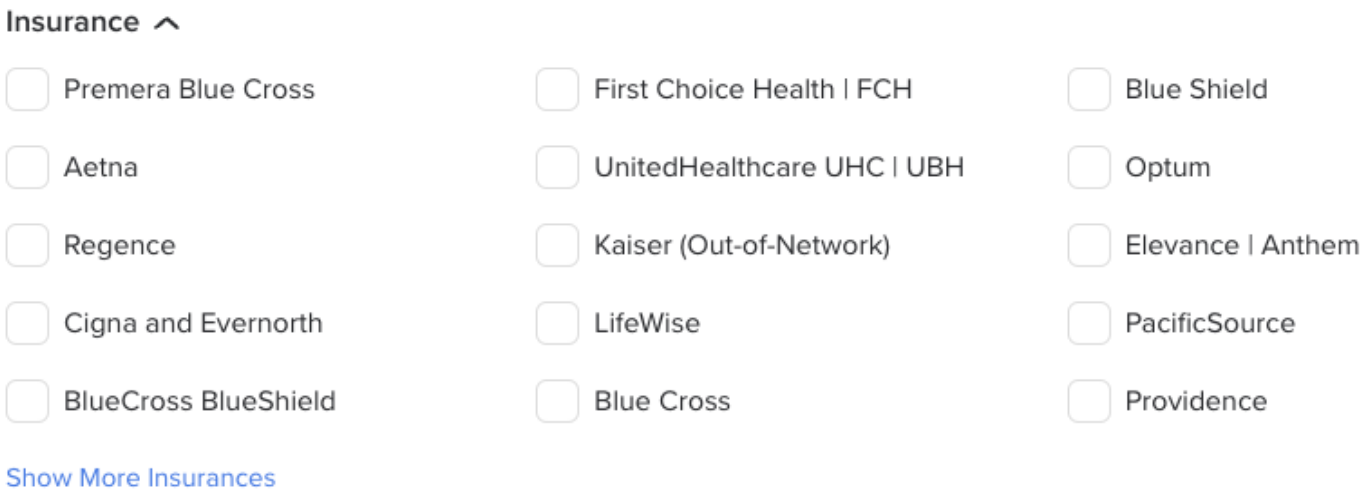


□□□□□□ “Show ### Therapists”



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)*

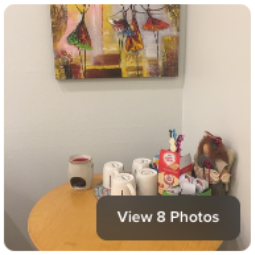
Verified by Psychology Today 4 Endorsed

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.







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 insighs 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

Your Name

Your Email Address

Your Phone

Subject

Message

I'm not a robot

reCAPTCHA
Privacy - Terms

Send Email

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)?

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.

继续填写你的姓名、电子邮件地址、电话号码 ，

主题填写 ：

心理评估 /诊断

信息内容 ：

尊敬的医生 ，

您好。我正在寻求一次心理评估 /诊断，主要是为了个人成长和自我了解。在考虑任何进一步的心理咨询或治疗之前 ，我希望能够先获得一个专业的诊断。

您能否为我安排一次初步咨询 ，讨论进行这样一次评估的可能性 ？我很乐意了解这个过程会涉及哪些内容 ，以及大概需要多长时间。

非常感谢您的时间和专业建议。期待您的回复。

祝好，

4. 请联系三到四个最合眼缘的医生。
5. 请耐心等待回复，一般不会超过三到四个工作日。

免责声明:

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UW/Seattle Community Hub 华大 /西雅图心灵驿站

????????? - Circle

Circle: Center for International Relations & Cultural Leadership Exchange

Circle

是华盛顿大学的学生组织，该组织为国际学生提供了一个便捷的平台，为他们提供各种活动的机会，帮助国际学生解决在华大遇到的问题。同时也让来自不同国家的留学生相互了解文化和相互支持。

Student Success & Well-being Coaching

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

以下是可以帮助你解决的问题：

- 想家
- 找到属于自己的社区
- 孤独
- 缺乏动力
- 学业压力
- 不缺的未来的方向（如专业或职业）
- 多元文化
- 身份认同
- 自我怀疑
- 性别的探索和表达

预约链接: https://outlook.office365.com/book/UniversityofWashington7@cloud.washington.edu/

Let's Talk At CIRCLE

与经验丰富的心理辅导师进行 15分钟的 1v1心理疏导

时间: 每周五下午 2 - 4 p.m.

Schmitz Hall 250