


2 Communities

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○  - Circle _____

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

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 club, 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

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?

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

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



- 24/7 911
- 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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- 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



- 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



LiveWell 

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- **Academic Support** | academicsupport.uw.edu | 206.685.8299
- **CIRCLE** | u.washington.edu/circle | 206.685.4004
- **Disability Resources** | 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 Center** | sites.uw.edu/qcenter | 206.897.1430
- **Financial Aid** | u.washington.edu/financialaid | 206-543-6101
- **MiResource** | uwcc.miresource.com | support@miresource.com



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



- **24-hour** | **UW**
 - **Crisis Connections** | 866-427-4747
 - **Crisis Text Line** | 741741
- **Fireside Project**
 - 1111
 - 623-473-743



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



- **911**
-  stopoverdose.org/





-  206-461-3222



- **206-289-0287**
Buprenorphine
- **Naloxone**



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- **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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11/11/2020 <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

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000Mary Gates Hall 0000

0000<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>

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

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Insurance ^

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

Show More Insurances




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Show 36 Therapists

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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](#)

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

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Circle: Center for International Relations & Cultural Leadership Exchange

Student Success & Well-being 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