

**Graduate Student Resources  
University of Washington  
Updated: 02/28/2025**

During these changing and unparalleled times, students may contact The Graduate School with requests for assistance or additional resources. During these instances, we encourage you to utilize this list of on and off-campus resources.

This resource list is not intended to be exhaustive. If you are unsure about a particular resource, visit the resource/program webpage, or contact the unit's staff, to get more information. This will minimize the effect of "office hopping" for students who are seeking referrals. Visit the [Campus Resources](#) page for additional tri-campus student resources.

From the Counseling Center: "You may not be able to solve the problems or be a counselor, but you can support the student in getting the help they may need."

**General resources:**

- [Supporting Students in Distress](#) - Bothell
- [Supporting Students – UW Employee Guide – 2024/2025](#) - Seattle
- [How to Support Students in Distress](#) – Tacoma
- [2025 Federal Policy Updates](#) - Office of the Provost: This site has up-to-the-minute updates about what is happening in the federal landscape regarding federal executive orders, agency guidance, etc. It is a good resource for Graduate School staff to stay abreast of what is happening and for students to track what's happening for themselves.
- [U501](#): This 'orientation to graduate school" resource has helpful guidance for matriculated graduate students related to navigating campus life, finding a mentor, searching for funding, etc.

**MENTAL HEALTH & WELL-BEING**

In the event of a life-threatening emergency, call 911.

Bothell: The [UW Bothell Counseling Center](#) serves actively enrolled UW Bothell and Cascadia College students by providing brief mental health services that enhance student wellbeing and assist their growth and academic success. (425) 352-3183.

Seattle: A UW student's experience should be challenging but not overwhelming. The [Counseling Center](#) is here to support you during your time at UW so that you have a positive,

fulfilling experience. Phone: (206) 543-1240.

Tacoma [Psychological & Wellness Services \(PAWS\)](#) provides confidential mental health counseling and related services for currently enrolled UW Tacoma students at no additional costs. We also provide consultation to faculty, staff, and university student families. (253) 692-4522.

## Husky HelpLine

[Husky HelpLine](#) is free to **all** UW students across tri-campus, with 24/7 and confidential access to Licensed Mental Health Counselors. Services are in multiple languages.

- Phone: Call (206) 616-7777 (if you are calling from outside the US or Canada, dial 001-416-380-6578)
- Online chat: Chat with a counselor on the [Telus website](#)
- Download the app ([Apple App Store](#) | [Google Play](#))

## SafeCampus

Call [SafeCampus](#) at (206) 685-7233 — no matter where you work or study — to anonymously discuss safety and well-being concerns for yourself or others.

## SUPPORT WHEN TRAVELING, STUDYING OR DOING RESEARCH ABROAD

Information from the Office of Global Affairs on [Emergency Assistance](#) resources for students, staff, and faculty studying or doing research outside of the United States.

## FOOD SECURITY

Bothell: The [Husky Pantry](#) may be accessed by any UW Bothell student who is facing food insecurity. Students can shop for grocery staple items, as well as seasonal products, hygiene and toiletry items (all non-perishable). Email: [hawrc@uw.edu](mailto:hawrc@uw.edu).

Seattle: The [UW Food Pantry](#) provides food to students, staff, and faculty who may be experiencing short-term food insecurity. Email: [uwpantry@uw.edu](mailto:uwpantry@uw.edu)

Tacoma: [The Pantry](#) is a vital resource the campus community dedicated to ensuring every student has access to free supplemental, nutritious, and culturally relevant food assistance, along with essential hygiene products and supplies.

## EMERGENCY AID

Emergency Aid funding assists UW students by providing financial support when assistance is needed with unexpected, unavoidable, and unplanned expenses surrounding situations such as

accidents, illness, fire/water damage, or a need for emergency housing and food. More information at [Bothell](#), [Seattle](#), and [Tacoma](#).

## LEGAL SERVICES

Tri-campus: [Student Legal Services](#) - Student Legal Services (SLS) is an on-campus law office that provides a safe and confidential space for all currently enrolled UW-Seattle, Tacoma, and Bothell students who have legal questions or concerns. We offer free 40-minute consultations on a broad range of issues. Students can also hire us for ongoing representation for a low hourly rate. Email: [slsuw@uw.edu](mailto:slsuw@uw.edu).

## INTERNATIONAL STUDENT SERVICES

Bothell: [International Student Services](#) (ISS) International Student Services (ISS) is here to provide immigration advice and cultural adjustment assistance to new and current international students.

Seattle: The UW is home to over 8,000 international students representing more than 100 countries. [International Student Services](#) (ISS) staff advises international students with F-1 or J-1 visas who are enrolled in undergraduate, graduate, and professional degree programs.

Tacoma: [International Student and Scholar Services](#) provides appointments and drop-in advising for international students seeking guidance on visa, employment, insurance, and more.

## UNDOCUMENTED STUDENT RESOURCES

The UW is proud to be a university that wholeheartedly welcomes and supports undocumented students of all ethnicities and nationalities. We invite you to explore the services, opportunities and resources available to you throughout the various stages of your Husky Experience. [Visit this webpage](#) for resources. More information from [Bothell](#), [Seattle](#), and [Tacoma](#).

## COMMUNITY

Bothell

**Student Clubs** – Student clubs established on campus benefit students academically and socially, as well as improve our already vibrant community. Access the [student club directory](#).

**Student Diversity Center** – The [Student Diversity Center's](#) vision is to foster a beloved community in which students can thrive and transform the University of Washington Bothell, our greater community, and beyond.

Seattle

**GSEE** - As a unit of the University of Washington Graduate School, the Office of [Graduate Student Equity & Excellence](#) (GSEE) is committed to enhancing equity and social progression to promote the success of graduate students impacted by racism and its intersections.

Email: uwgsee@uw.edu

**Graduate Student Affairs** – The Graduate School's [Graduate Student Affairs](#) uses a holistic approach to supporting current graduate students through student-centered services & programming, timely resources, and intentional university partnerships. We coordinate programming to support the success of first-gen & international graduate students in collaboration with campus partners. Email: uwgsa@uw.edu

**Center for International Relations & Cultural Leadership Exchange (CIRCLE)** – Graduate school can be very isolating for international graduate students, but they are not alone in this journey. Through the support of key campus partners, [CIRCLE](#) features two professional development workshops and one community building event each quarter exclusively for international graduate students. Email: uwcircle@uw.edu

**Leadership Without Borders** - [Leadership Without Borders](#) (LWB) works to serve and empower undocumented students. LWB offers leadership development resources, college success navigators, the Husky Lending Library, a space for community building, and connections to other campus and community resources. Organizer of Undocu Ally trainings. Email: undocu@uw.edu

**Graduate & Professional Student Senate** - The [Graduate and Professional Student Senate](#) (GPSS) represents the rights and interests of over 15,000 graduate and professional students at the University of Washington. GPSS hosts events and programming, provides opportunities for engagement through internal committees and university-wide liaison positions, and offers funding for academic and professional development. Email: gpss@uw.edu

**D Center** - The [Disability and Deaf Cultural Center](#) (D Center), is a physical and virtual community gathering space for students, staff, and faculty who identify as Disabled, D/deaf, or allies. We are committed to fostering a safe space for folks of all abilities to learn, socialize, and celebrate pride in community with each other. Email: dcenter@uw.edu

**Q Center** - The [Q Center](#) has proudly served LGBTQ+ students, staff, and faculty for almost 20 years. We're here to foster a brave, affirming, and inclusive community where everyone's gender and sexual identities are celebrated. Through programs, resources, and support, we empower students and staff to thrive—personally, socially, and academically. Email: qcenter@uw.edu

**Center for Communication, Difference and Equity (CCDE)** - The [CCDE](#) strives to be a space where our community of students, faculty, staff, and alumni gather to promote greater equity. Through research collaborations, networking opportunities, action-oriented classes, mentorship programs, and community events we engage in dialogue to think critically about race and its intersections, to interrupt privilege, and ultimately to change the structures of power around us. Email: researchcommunity@uw.edu

**Student Veteran Life** - [Student Veteran Life](#) was established in 2015 as a unit for student veterans founded by student veterans. Our office is home to a staff of skilled veterans who can help you navigate the University of Washington. From campus locations to student resources, we are able to serve student veterans at any point in their college experience. Email: [vetlife@uw.edu](mailto:vetlife@uw.edu)

**Alene Moris Women's Center** - The [Alene Moris Women's Center](#) is a catalyst for change. We disrupt cycles of oppression and break down gender-based barriers through transformational education programs, leadership development, and advocacy for girls, women, and people of all gender identities. Email: [womens@uw.edu](mailto:womens@uw.edu)

[Registered Student Organizations and Events](#) - Students can find a variety of organizations and events based on themes, culture, ethnicity, identities and more.

Tacoma

**Registered Student Organizations** - UW Tacoma has a thriving community of recognized student clubs, which we refer to as Registered Student Organizations, or RSOs. RSOs are entirely student-organized and reflect the diverse interests of the student body. Explore the [RSO directory](#).

**Center for Equity and Inclusion** - In the [Center for Equity and Inclusion](#), we are committed to building a campus where everyone, including those who have been marginalized, has the opportunity to learn from one another across differences and experience affirmation for their lived experiences.

## GENERAL OFF-CAMPUS SUPPORT

[Washington Basic Needs and Resource Navigation](#): Call 2-1-1. A free confidential community service and a one-stop connection to local services and resources that help to address basic needs. Can also be reached by dialing 2-1-1 from anywhere in the state.

[Crisis Connections](#) – 24/7 crisis line for King County & Washington state. Call: 866-427-4747

[Washington Warm Line](#) – King County & Washington state peer support help line for people living with emotional and mental health challenges. Call: 877-500-9276 for confidential peer-to-peer support between 9 am-10 pm.

[Snohomish County Crisis Line](#) – Call or text 9-8-8 or call (800) 584-3578. Available 24/7.

Pierce County Crisis Line – Text HEAL or call (800) 576-7764. Available 24/7.

[Crisis Text Line](#) - Text HOME to 741741 from anywhere in the United States – 24/7, free, confidential.

[National Domestic Violence Hotline](#) – 1-800-799-7233. 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides tools and support to help survivors of domestic violence so they can live their lives free of abuse.

[988 Suicide & Crisis Lifeline](#): Call 988 to access free, 24/7 and confidential mental health support.

## **FOCUSED OFF-CAMPUS RESOURCES**

American Civil Liberties Union WA - The [ACLU of Washington](#) is the state affiliate of the ACLU. We work to ensure justice, freedom and equality are realities for all people in Washington state, with particular attention to the rights of people and groups who have historically been disenfranchised.

[NAMI Seattle](#): The Seattle chapter of the National Alliance for Mental Illness curates a list of regional and national mental health resources for Black, Indigenous, and People of Color communities.

[LGBT National Hotline](#): 1.888.843.4564. Provides a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues.

[Trans Lifeline](#): 1.877.565.8860. Connects trans people to the community support and resources we need to survive and thrive.

[Veterans Crisis Line](#): 1.800.273.8255 (Press 1). 24/7, confidential crisis support for veterans and their loved ones.

[Northwest Immigrant Rights Project](#): Northwest Immigrant Rights Project promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education. (206) 587-4009

[City of Seattle – Office of Immigrant & Refugee Affairs](#): The mission of the Office of Immigrant and Refugee Affairs (OIRA) is to improve the lives of Seattle’s immigrant and refugee communities through policies, programs, services, and community engagement. (206) 727-8515