

Mental Health Resources

This document contains information about mental health resources at the University of Washington and some self-care strategies. If you are struggling, please do not hesitate to reach out so we can help connect you with these resources. Additionally, we encourage you to communicate with us if there is any way we can improve your online learning experience and support you as a student.

CSE Anonymous Feedback Form: <https://feedback.cs.washington.edu/>

The [CSE Advising Office](#) is a great resource for general academic concerns and planning courses for future quarters.

University of Washington Counselling Center

We recognize that this is a stressful and unprecedented time around the globe that can have a great impact on mental health. The University of Washington Counselling Center offers several remote options to receive mental health support. Check out the [Counselling Center Website](#) for information about self-care, mindfulness, and mental health resources.

Let's Talk: Let's Talk is a program that connects UW students with support from experienced counselors from the [Counseling Center](#) without an appointment. Counselors hold drop-in hours via videoconference to provide insight, solutions, and information about other resources. Let's Talk drop-in visits are free, confidential and there is no appointment necessary. Let's Talk offers *informal consultation* – it is not a substitute for regular therapy, counseling, or psychiatric care. The drop-in schedule and more information can be found on the [UW LiveWell](#) website.

My SSP: For students who are physically out of state and/or for any student who is in crisis, UW has partnered with **My SSP** to give students access to real-time, confidential mental health and crisis intervention support, 24/7 and in multiple languages. There are several ways to connect:

- **Phone:** Call [1.866.743.7732](tel:18667437732) (If calling from outside the US or Canada, dial **001.416.380.6578**).
- **Online chat:** Chat with a My SSP counselor on [the My SSP website](#) or on the My SSP app ([Apple App Store](#) | [Google Play](#))

Self-Care Strategies

Below are some different strategies for self-care, which is a vital part of caring for our mental health. In addition to these strategies, the University of Washington Counselling Center offers a [Self-Care Bingo Card](#) with different ways to engage in self-care.

Sleep: Getting enough sleep is crucial to our ability to regulate emotions, prevent burnout, and engage in our courses. A lack of sleep increases your cortisol levels, which in turn leads to elevated levels of stress. Here are a few tips:

- Aim to get at least 8 hours of sleep each night.
- At least one hour before bed, turn off your TV, phone, and laptop. These screens emit blue light, which disrupts our bodies' natural sleep patterns, making it difficult to fall asleep.

- Aim to go to bed and wake up at the same time each day. Having a consistent sleep schedule has been proven to make it easier to fall asleep and wake up, and increases overall quality of sleep.

Practice Self-Compassion: Prioritizing self-care and positive self-affirmations are incredibly important during stressful times. Take the time to remind yourself that it is okay to feel burnout or imposter syndrome. Being kind to yourself also includes taking the time to stay active, drink water, get enough rest and eat well. Check out this video: [Self-Compassion](#).

Take Breaks: It is important to get up for at least 10 minutes every hour and move around to take a break from classes and studying. Additionally, planning time into your schedule each week for downtime is incredibly important. Make time to work out, go for a walk, see family and friends, watch a show on Netflix, read, or anything else that you find relaxing. Utilizing these strategies will help combat burnout during stressful times.

Socialize: Especially during the pandemic, it is easy to feel a sense of social isolation, which is linked to mental health concerns. The Counselling Center offers a list of resources on coping with social isolation and how to remain connected with friends and family in a safe way. Carving out time each week to engage in social activities is important in caring for your mental health.