

## Mental Health and Sexual Harassment Resources at UW:

### *Mental Health:*

#### **Counseling Center:**

Stop by **401 Schmitz Hall** to make an appointment. Counseling is free. Check out [www.washington.edu/counseling](http://www.washington.edu/counseling) for more information.

#### **Crisis Clinic:**

If you are experiencing a psychological crisis and cannot wait until the counseling center is open, call the crisis clinic at 866-427-4747.

#### **Mental Health Clinic @ Hall Health:**

Services include individual counseling and therapy, crisis counseling and intervention, medication evaluation and management, group therapy and support groups, campus outreach services, mindfulness meditation, and after-hours care. Check out [depts.washington.edu/hhpccweb/mental-health](http://depts.washington.edu/hhpccweb/mental-health) for more information. Billing for these services goes through your insurance.

### *Sexual Harassment:*

Sexual harassment is defined as sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

- Submission to such conduct is made either an implicit or explicit condition of an individual's academic, work, living environment or participation in a University community.
- Submission or rejection of such conduct is used as the basis for a decision that affects an individual's academic, work, living environment or participation in a University community.
- The conduct is sufficiently severe, persistent or pervasive that it could reasonably be expected to create an intimidating, hostile or offensive learning or working environment, or has the purpose or effect of unreasonably interfering with an individual's academic, work, living environment, or participation in a University community.

Check out [depts.washington.edu/livewell/sexual-harassment](http://depts.washington.edu/livewell/sexual-harassment) for more information.

Contact the Health and Wellness Advocate for support: [hwadvoc@uw.edu](mailto:hwadvoc@uw.edu). They can assist you in arranging for counseling, reporting the harassment, etc.

Consider reporting to UW or the police:

- To report harassment from another UW student, contact **the Community Standards and Student Conduct (CSSC) center** at [cssc@uw.edu](mailto:cssc@uw.edu). The CSSC can help you make a formal report to the University.
- The **University Complaint Investigation & Resolution Office (UCIRO)** conducts investigations of employee sexual harassment and other issues. Contact the UCIRO at (206) 616-2028 or by email at [uciro@u.washington.edu](mailto:uciro@u.washington.edu).
- You can contact the **UW Police** at 685.UWPD (8973) (or 911 in the case of emergency) or at [uwpolice@uw.edu](mailto:uwpolice@uw.edu).