

There are NINE dimensions of health according to the [Samuel E. Kelly Cultural Center](#): Physical, Emotional, Intellectual, Spiritual, Social, Environmental, Occupational, Financial, & Cultural. The School of Public Health curates content that relates to each area for easy access for our student population. All resources are in alphabetical order. Please email us at sphas@uw.edu with any questions you may have or suggestions for content, we want to make sure the resources are useful and current.

Student Wellness Resources

PHYSICAL

Apple Health	WA Health Benefit Exchange.
Community Health Centers	List of community health centers serving King County.
Covered Care for UW Students	Understand how to access covered care affordably, prepaid services for UW students.
Eat Right Amidst Coronavirus Pandemic	Nutrition related resources, access to food.
Free and Charitable Clinics	Free and charitable clinics in Washington state.
Food Safety, Nutrition and Wellness	Harvard T.H. Chan School of Public Health, The Nutrition Source.
Hall Health	UW Hall Campus Health Center.
Health Insurance & COVID-19 FAQ	Office of the Insurance Commissioner Washington State.
Husky Health & Wellbeing	All UW health services in one place.
Level Up Your Quarantine Cooking with a Virtual Class from Local Chefs	Virtual cooking classes
Nutrition Month: Sustainability and Our Food System	UW Whole U, nutritional sustainability.
Quick, Cheap and Easy Student Recipes	Student food Project, find recipes and free e-book of recipes.
Self-Massage Tips to Ease Pain	Self-massage to ease neck, headache, back pain and constipation relief.

The UW Food Pantry Any Hungry Husky	How any UW student can get food, contactless via curbside pickup for 3-4 days' worth of food.
UW Live well	Student advocacy, training, and education to help students to make informed decisions about their health.
UW Medicine Virtual Clinic	On-Demand Virtual Care.
UW Virtual Fitness Classes	UW Whole U, free virtual & mindfulness classes.
Wellbeing Medical Advice	All matriculated students can access nursing advice at no cost.
EMOTIONAL	
Active Minds	Mental health amid the COVID-19 pandemic, It's ok to not be ok.
CDC: Managing Anxiety & Stress during COVID-19 Handling Anxiety How to deal with Coronavirus Anxiety Pandemic Care Resources Social Distancing & Mental Health	Further reading on anxiety.
Crisis Connections	24 hour help line connect to resources.
Insight Timer - Free Meditation App Headspace: Meditation and Sleep Made Simple Sanvello - Free Premium Access for Coronavirus Anxiety Support	Anxiety and overall wellness support apps.
King County 24 Hour Crisis Line 206-461-3222	Talk to support anytime, 24 hours a day.
Mental Health and Healing Resources for Black, Indigenous, and People of Color	Crisis support, downloadable toolkits for healing, supportive communities and therapist directories, Other self-care resources.
Mindfulness Resources	Explore what mindfulness is and how it helps-also, resource for apps.

NAMI Seattle	National Alliance on Mental Illness, info@nami.org ; 1-800-958-NAMI, to connect to local mental health resources.
Psychology Today-Teletherapy for Washington	Find local counselors in the Seattle and surrounding areas.
Self Care Ideas	142 affordable self-care ideas on budget.
Smart phone apps for mental health	Anxiety relief, COVID coping tools, depression & suicide tracker, DBT, emotional regulation & coping skills, focus & time tracker.
Talkspace Online Therapy platform app - Pick A Subscription Plan From \$65-\$100 A Week, Can Cancel Any Time.	Online app for therapy, no need for insurance.
Text HOME to 741741 to connect with a Crisis Counselor	Free 24/7 support for US and Canada. UK: text 85258, Ireland: text 50808
UW Counseling Center	Book appointments once winter quarter starts.
Virtual Let's Talk	Resource for UW students to connect to support.
Washington Listens	Helps people manage stress and anxiety because of COVID-19. Call the support line at 1-833-681-0211
INTELLECTUAL	
Disability Resources for Students (DRS)	DRS coordinates academic and housing accommodations for enrolled students with disabilities or temporary health conditions.
Seattle Public Libraries	Info on local libraries.
Student Technology Loan Program	Student technology resources.
UW Help Desk - Tech Tips for Students	
UWIT - Help with Technology, Contact Options	
Study Skills Workshops: UW Academic Support Programs	Series of study skills workshop for winter quarter 2021.
Use Of UW Library Remote Resources	Technology access, online tools, online librarian consultations.
UW Libraries	UW libraries are in Phase 2, buildings closed.
UW SPH Canvas	SPH online learning support.
UW SPH Canvas site	SPH online learning resources.
UW UG Academic Support	Academic success coaching.

SPIRITUAL	
<u>Be Good to Yourself: 10 Powerful Ways to Practice Self-Love</u> <u>the best self-love resources</u> <u>My Top Five Steps to Self-Love</u>	Self-love and warmth for self.
<u>Bethany Community Church</u> <u>Buddhist Temple - Seattle</u> <u>Center For Spiritual Living</u> <u>Interfaith Ignatian Center</u> <u>Seattle Mindfulness Center</u> <u>Seattle Unity</u>	Centers for worship and reflection.
<u>Sierra Club Home Page: Explore, Enjoy, and Protect the Planet</u> <u>Top 20 Nature YouTube Channels for Nature Lovers & Naturalists</u>	Virtual nature resources.
SOCIAL	
<u>Blood Donation</u> <u>COVID-19 Mutual Aid</u> <u>Five Ways to Help During the Coronavirus Crisis</u> <u>United Way Volunteer</u>	Volunteering

<p>Dial 211 for Statewide Resources</p> <p>Food, child care, mental-health support and more: resources to support the community during the coronavirus outbreak</p> <p>Husky Guide to Giving To Your Community</p> <p>International Students Support General Student Support Strategies – Inside Higher Ed</p> <p>Parents' concern for students' mental health</p> <p>United Way King County COVID-19</p>	<p>Community support</p>
<p>Husky Guide to Giving To Your Community</p> <p>Message from Dean Stacey to Faculty: Accommodations in a Time of Crisis</p> <p>Petition: Give Black Students Accommodation For Finals!</p> <p>Resources to be an Ally to the Black community by ASUW Director of Diversity Effort</p> <p>The Daily: Petition calling for grade leniency for Black students draws 43.000 signatures amid unrest</p>	<p>Student led petitions & responses.</p>
<p>ENVIRONMENTAL</p>	
<p>Environmental Wellness Toolkit National Institutes of Health</p> <p>EPA relaxes enforcement of environmental laws during the COVID-19 outbreak</p> <p>Will Covid-19 have a lasting impact on the environment?</p>	<p>Environmental laws and resources for your healthiest self – what surrounds you each day and resources that can affect your health.</p>

How to Properly Wash Your Hands Social Distancing - Flatten the Curve	Links to Infographics and how we relate to our environment.
Stay Healthy Huskies	POC student groups, gender and sexuality groups, international students, faith and spirituality, family groups, students with disability groups, veterans groups, UW EDI resources.
Student Resources On and Off Campus	Health services list of resources
OCCUPATIONAL	
COVID-19 and Your Job: Tips and Actions to Consider	Resources for unemployment eligibility, labor market, international internships, and job searching.
Jobs	Job search tips and staying production during COVID-19.
Job Search Advice - The Muse	SPH public health jobs.
Thrive Global – FaceBook Community	Job searching during coronavirus pandemic.
School and Life Balance - John Hopkins 101 Health and Wellness Tips for College Students 37 Tips for a Better Work-Life Balance	Life balance
UW Career & Internship Center	Check out new internships and career opportunities for Huskies!
UW Student FAQs: COVID 19 - Career & Internship Center	Winter quarter workshops and latest news.

FINANCIAL	
Boys & Girls Club Childcare Assistance Program Childcare options during COVID-19 Helping Children Cope With Changes Resulting From COVID-19	Childcare

Nature Lab Educator Resources for Children	
Casa Latina - Workers Relief Fund Disaster Cash Assistance Program Emergency Aid Available to UW Students Financial Counseling for auto, mortgage, student loans Financial Resources for Washington Residents Impacted by COVID-19 One Fair Wage - help for service workers experiencing hardship United Way King County COVID-19 Resources	Financial services
Covid-19 Seattle-Area Emergency Food Resources - City of Seattle Human Emergency Food Vouchers Food Lifeline Seattle Area Free Food Resources Seattle Food Support UW Food Pantry	Food Support, emergency vouchers, locations.
Eviction Moratorium Complaint Form HFS Coronavirus FAQ for Students Residential Evictions in Seattle Halted - FAQ, translated versions South King County & Eastside COVID-19 Coronavirus Mutual Aid Group U-Haul Offers Free 30 Day Storage Utility Discount Program	Housing support

UW Student Legal Services	
UW Office of Student Financial Aid	Student budget revision options or short term loans.
CULTURAL	
Asian Pacific and Planning Council - Report Anti-AAPI (Asian Americans and Pacific Islanders) hate King County's Anti Stigma Toolkit COVID-19 Racial Equity & Social Justice Resources NAACP's Ten Equity Implications of COVID-19 in the United States Southwest King County Youth & Family Services - COVID-19 Resources The Consulate of Mexico - Resources List	Organizations
BIPOC Mental Health Support Groups, Register here.	The National Alliance on Mental Health (NAMI) Seattle is holding a BIPOC (Black, Indigenous, and/or People of Color) mental health support group every Tuesday, 5-6pm.
Campaign Zero, Equal Justice Initiative, Color of Change, Boston University Center for Antiracist Research	Black Lives Matter student resources, organizations to support as recommended by the UW Black Student Union.
Communities During COVID-19 One America - Justice For All, COVID Resources Washington Immigrants [Immigrants Rising] Tangible Support for Immigrant Northwest Immigrant Rights Project	Immigration support

<u>Office of Immigrant and Refugee Affairs</u>	
<u>Free Broadway Shows Online</u> <u>Free Virtual Yoga Classes</u> <u>LIVE Dance Parties with DJ D-Nice</u> <u>Social Distancing Activities</u> <u>Teleparty - Watch channels remotely with friends using a Chrome extension</u> <u>Virtual Tours of Famous Museums</u>	Socially-distant activities.
<u>Race & Equity Initiative</u>	Find Anti-Racism resources, article, websites and videos.
<u>Report Discrimination – Seattle Office for Civil Rights</u>	File a complaint with the Seattle Office of Civil rights, which has jurisdiction in the Seattle city limits.
<u>The Coronavirus Anti-AAPI Racism Incident Report</u>	Communities stand together united against Asian American, Pacific Islander communities.
<u>The Hechinger Report Race and Equity, The Chronicle of Higher Education, NACADA Social Justice Advising Community</u>	UW BSU further reading.
<u>Transgender Law Center Virtual Community Gatherings</u>	Archived recorded meetings.
<u>UW's bias incident reporting tool</u>	Report UW Bias Incidents here.