



COLLEGE OF THE ENVIRONMENT

UNIVERSITY *of* WASHINGTON

Diversity, Equity & Inclusion

Support for Students

Please know that support resources are available at the UW through the [Counseling Center](#) or [Hall Health](#) provide a safe and confidential place to process any emotions you may be having.

In addition, UW has recently launched a drop-in program, [Let's Talk](#), that allows you to connect with experienced counselors without an appointment.

Well-Being for Life & Learning Initiative

Through the [UW Resilience Lab](#), the [Well-Being for Life & Learning Initiative](#) (WBLL) supports faculty who are developing learning environments that promote well-being. The initiative focuses on student connectedness, inclusive teaching practices, resilience coping skills (e.g., mindfulness, gratitude, self-compassion, and growth mindset), and connecting to the environment.