

Psychological & Wellness Services

Free and confidential mental health counseling for students



Licensed Psychologists, Doctoral Psychology Interns, and Doctoral Practicum Trainees provide intentional, problem-focused mental health counseling, aimed at building better skills and exploring alternative ways of coping.






Beginning Services

Call or email any time before noon for a same day appointment. We schedule on a first come, first served basis, and space can fill up quickly. During your same day appointment, you will be scheduled with a therapist to continue services if needed.

Same Day Hours

Monday & Tuesday 11am-1:30pm
Wednesday & Thursday 12pm-2:30 pm

 (253)-692-4522
 uwtpaws@uw.edu
 MAT 354



Services are always
free and confidential.