

# Psychological & Wellness Services

Confidential individual and group mental health counseling for students, at no extra cost.



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

To begin services, call or email before noon, Monday through Thursday, for a same day appointment. We schedule on a first come, first served basis. During your same day appointment, you will be scheduled with a clinician to continue services if needed.

### Same Day Hours

Monday & Tuesday 11am–1:30pm

Wednesday & Thursday 12pm–2:30



PSYCHOLOGICAL &  
WELLNESS SERVICES (PAWS)

UNIVERSITY of WASHINGTON | TACOMA



## Consider Group Therapy

Sometimes the best way to work on personal change is within a group setting. PAWS offers 2-3 confidential group therapy options each quarter.



(253)-692-4522



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