

Campus & Community Resources

Food Insecurity

University District Food Bank / 206-523-7060

- Walk-in food bank 4 days a week
- 5017 Roosevelt Way NE, Seattle, WA 98105
- udfb@udistrictfoodbank.org
- Serves residents in zip codes 98102, 98103, 98105, 98112, 98115, 98125

UW Campus Food Pantry / uwpantry@uw.edu

- Supplies UW students, staff, and faculty with non-perishable groceries and select fresh produce for no cost
- Pop-up locations in HUB 214 and the Kelly Ethnic Cultural Center, once a month during the academic year.

Washington State Basic Food Benefits

- You may be eligible for Basic Food Benefits
- You can find more information about eligibility & how to apply at <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

Student Loans

If you have federal student loans, they are most likely eligible for deferment while you are enrolled as a student. Often this happens automatically, but if it does not, check in with your loan provider. Contact the Registration and Transcripts Office for more info: 225 Schmitz Hall, 206-543-4000, regoff@uw.edu

Tenants' Rights

Our union has fought alongside community and political leaders for improvements to tenants' rights in Seattle and Washington State. You can find info about your rights as a renter – including move-in fees, rent increases, and more – at https://www.seattle.gov/dpd/cs/groups/pan/@pan/documents/web_informational/dpdd016420.pdf

WA Community Action Network
<https://www.washingtoncan.org>

Tenants Union of Washington State
<https://tenantsunion.org/en>

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Mental Health Resources

Many students seek counseling and therapy to protect and maintain mental health while in graduate school, and our union has fought to improve mental health coverage under GAIP by reducing out-of-pocket costs for in- and out-of-network services.

Beginning October 1, 2018, deductibles are waived for all mental health services (including in- and out-of-network) for ASEs covered by GAIP.

Hall Health / 206-543-5030

- Offers group therapy, short-term counseling (10-12 sessions), & psychiatric services
- Mental Health services at Hall Health are fully covered for ASEs covered by GAIP

UW Counseling Center / 206-543-5030

- Offers crisis counseling, group therapy, couples counseling, short-term counseling, and referrals for continued counseling

24 Hour Crisis Clinic Line / 866-427-4747

You can find more mental health providers covered by GAIP at <https://student.lifewiseac.com/uw/gaip/>

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