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UW School Psychology Clinic • 402 Miller Hall, Box 353600 • Seattle, WA 98195 • 206•543•4970

# FREE COUNSELING FOR CHILDREN AND ADOLESCENTS

The University of Washington's School Psychology Program is offering free weekly counseling sessions for students between the ages 9-18. Students experiencing mental health issues (e.g. anxiety, depression, relationship difficulties, anger problems, and/or adjustment to life stressors) are appropriate referrals for counseling. All free sessions are provided by school psychologist trainees and are supervised by a licensed psychologist/faculty member. Parental commitment to participate and consent is required in order to receive services.

Services begin at the beginning of January and continue until the first week of June. Each counseling session is approximately 50 minutes long and will be scheduled on Wednesday evenings at either 4:30 or 5:30 pm. All families will have the option to choose between receiving services via HIPAA protected telehealth or in-person in the confidential School Psychology Clinic.\*

Counseling includes the use of evidence-based therapy practices (i.e. Cognitive Behavior Therapy, Multicultural/Culturally-Responsive psychotherapy, Interpersonal Therapy and Integrative therapy).

If interested, please contact the School Psychology clinic for more information and to schedule a phone intake. (206) 543-4970.

**\*COVID-19 Precaution Statement:** We recognize the concern of exposure during the pandemic and have taken extra precautions to minimize risk. Our clinic materials are sanitized after every use, each room is equipped with HEPA filters and plexiglass barriers, and everyone is required to wear face masks. Our faculty, staff, and graduate-level students adhere to all UW and State COVID-19 Prevention Policies.  
*Note: While we take every precaution, we cannot guarantee zero risk of exposure.*