

Mental Health in Gradschool

Tyler Chen

More to come...

A fairly recent [study](#) in Nature points out that “Graduate students are more than six times as likely to experience depression and anxiety as compared to the general population.”

Good opinion piece: [“Imposter syndrome isn’t the problem—toxic workplaces are”](#)

Emergency Resources

If you are having a mental health emergency there are ways to get immediate help.

King County Crisis Line

- 206/461-3222
- translators available
- available 24 hours

Hall Health

- check in for same day support on first floor
- free meeting with mental health professional
- available weekdays

Resources on Campus

[Hall health](#) is a full service health clinic. Mental Health services at Hall Health are free for students on the GAIP plan. [The Counseling Center](#) is funded by student fees, and is therefore free for all students (even without insurance).

Both services offer:

- Same and next day support
 - if you are in need of immediate care, you can be seen the same day
 - for less urgent needs, you can be seen the next day to talk about options for further care
- Individual Therapy
 - limited to short term care (i.e. ~6 sessions)
 - there is usually a large waiting period to be seen

- Group Therapy
 - available groups change each quarter but generally there are groups for perfectionism, survivors of sexual violence,
 - can generally stay in groups for multiple quarters

In addition, Hall health offers:

- Psychiatric Services
 - Unlimited duration
 - Can use pharmacy in Hall Health

Resources off Campus

Off campus care allows for long term treatment. Hall Health is able to recommend in network providers at a same/next day appointment. You can also use your insurance's website to search for in network providers.

For GAIP members, off campus mental healthcare has a waived deductible, and is covered at 90% for in network providers and 60% for out of network providers.