



Seattle Central Community College

Counseling at SCC is free of charge to all SCC students. They offer personal counseling, academic counseling, and career counseling. To make an appointment, email Counseling.Central@seattlecolleges.edu or call the SCC Counseling Center at 206.934.5407. The SCC Counseling Center holds virtual events throughout the year, [the summer event](#) is a mindful meditation session. SCC has more information about resources on campus and in the counseling center in this [FAQ](#) section.

University of Washington

UW has plenty of options for mental health counseling, including [MySSP](#), a 24/7 support line that is available via phone call or online chat. UW also offers [individual and group counseling](#) through virtual visits. More information on other services such as workshops, finding support around psychiatric medication, and scheduling appointments can be found [here](#).

Seattle University

Seattle University offers individual counseling through their [Counseling and Psychological Services \(CAPS\)](#) office. All services are free to enrolled students at Seattle University. Seattle University offers support through their [Sanvello App](#), students have access to a premium account which allows for 24/7 support. To schedule an appointment, go [here](#).

Seattle Pacific University

Seattle Pacific University offers several types of therapy through the [Student Counseling Center](#). They also have a list of referrals and frequently asked questions related to therapy and counseling on their website. Counseling for SPU undergrads is free and is available by appointment only.

North Seattle College

North Seattle College offers counseling to students throughout the academic year. They offer both formal sessions and informal sessions through the [Let's Talk](#) program. Information on North Seattle College counseling services can be found [here](#).

South Seattle College

South Seattle College offers a variety of opportunities for students to receive counseling. Students can request counseling services by emailing southcounseling@seattlecolleges.edu or by visiting this [website](#).

Seattle Central College

Seattle Central College has a counseling center available for students. Seattle Central students can schedule a counseling appointment by emailing counseling.central@seattlecolleges.edu. Additionally, their website provides various mental health resources in Seattle. More information can be found [here](#).

Antioch University

Antioch University provides a unique experience for students through their [Community Counseling and Psychology Clinic](#). Student therapists meet with community members and students looking for sliding scale therapy. Matriculated Antioch students receive counseling for free!

City University of Seattle

City University of Seattle offers counseling services for students at their counseling center on Campus. Information of fees, eligibility, and scheduling can be found [here](#). Similar to Antioch, their counseling center is staffed by graduate students in the counseling program.

Cornish College of the Arts

Cornish College of the Arts offers free counseling for students. Consultations with counselors are required before scheduling regular sessions. Information on counseling and other resources for students can be found [here](#).