

WINTER BREAK

RESOURCE GUIDE '25-26

Provided by the Health & Wellness Resource Center (HaWRC), your hub for resource connections, public benefits enrollment (like food assistance), and health education.

- **EMERGENCY:** Dial 9-1-1 immediately.
- **MENTAL HEALTH CRISIS:** Call or text 9-8-8 for 24-hour support.

Disclaimer: This guide is for informational convenience only and does not constitute an endorsement.

Contact us at Basicneeds@uw.edu

FOOD RESOURCES

Food Lifeline:

- **Local Food Resources:** Use the Food Lifeline Find Food Map (powered by the USDA Hunger Hotline) to locate nearby food banks, meal programs, and other assistance.
- **Link:** <https://foodlifeline.org/find-food#mapUSDA>

FoodPantries.org

- **What:** A comprehensive, searchable directory of food pantries, food banks, soup kitchens, and non-profit organizations across Washington State. Help finding resources outside the immediate campus area, especially during break closures.
- **Link:** <https://www.foodpantries.org/st/washington>

Hopelink

- **Mobile Market (On-Campus):** Available on campus the 1st and 3rd Thursdays, 11:30 am–12:30 pm.
- **Note:** Open to all community members who complete an enrollment intake form.
- **Physical Food Banks:** Hopelink operates other local food bank locations and offers additional support services.
- **Kirkland Address:** 11011 120th Ave NE, Kirkland
- **Link:** hopelink.org/programs/food-program

King County Free Meals WA211

- Excellent for finding immediate, prepared hot meals and drop-in centers, often listing services like showers, laundry, and counseling alongside food.
- **How to Use:** The link automatically filters results for Free Meals in King County. Click on a result for service details, hours, and contact info.
- **Link:** <https://search.wa211.org/en/search?query=BD-5000.8300...>

The Husky Pantry will be closed for Winter Break (Dec. 12 – Jan. 2).
For specific hour inquiries outside of this period,
please email basicneeds@uw.edu.

MENTAL HEALTH & CRISIS RESOURCES



If you are feeling stressed or anxious during the holidays.
Take time for yourself, and reach out to others.
You are not alone.

National Crisis Lifeline

- National Crisis Lifeline (IMMEDIATE CRISIS)
- **Call** or Text 9-8-8 for 24/7 mental, emotional, or suicidal crisis support.

WA Warm Line

- (Peer Support): Provides emotional support for emotional challenges, especially during the holidays.
- **Hours:** Daily, 9 am – 10 pm.
- **Phone:** 877-500-WARM (877-500-9276).

King County Regional Crisis Line

- Connects you to local behavioral health crisis response services.
- **Hours:** 24/7.
- **Phone:** 206-263-8997 or 1-800-790-8049.

WA Recovery Help Line

- Offers emotional support and resource referrals for substance use, problem gambling, and mental health challenges.
- **Hours:** 24/7.
- **Phone:** 866-789-1511.

Husky Helpline

- Same day confidential support with a counselor available 24/7.
- **Phone:** 206.616.7777

SHELTERS

Your first step for emergency shelter referrals,
housing assistance, and support services is 2-1-1.

King County 2-1-1

- Your first step for emergency shelter referrals, housing assistance, and support services is 2-1-1. Service: Connects you with essential support services (shelter, housing aid, food, health, etc.).
- **Phone:** Dial 2-1-1 or 866-427-4747.
- **Availability:** Trained staff answer 24/7.
- **Note:** Due to high demand, long hold times are common.

FINANCIAL & DISCOUNT RESOURCES

Reduced Cost Services Guide

- **Coverage:** Includes discounts and assistance for essential services like Internet, Telephone, Utilities, Transportation, Medical/Dental/Pharmacy, Retail, and Museums.
- **Link:** <https://www.dshs.wa.gov/sites/default/files/publications/documents/22-1841.pdf>

FREE & LOW-COST ACTIVITIES



Seattle Center Winterfest

- **What:** Enjoy free events and activities like the Campus Lighting show, Art Tour, and live music.
- **Dates:** November 28 – December 31.
- **Website:** tinyurl.com/3xcchytz

Snowflake Lane at Bellevue Collection

- **What:** A free nightly parade featuring falling snow, lights, music, drummers, and dancers.
- **Dates:** November 29 – December 24.
- **Website:** tinyurl.com/snowflake-lane

Occidental Square Holiday Bazaar

- **What:** Features over 30 local makers, crafts, gifts, and a free ice-skating rink (noon-6 pm).
- **Dates:** December 13 – 21.
- **Website:** tinyurl.com/occidental-square

Stay Connected with HaWRC

- **Website:** uwb.edu/student-affairs/hawrc
- **Instagram:** @hawrc_uwbcc
- **Email:** hawrc@uw.edu
- **Newsletter:** tinyurl.com/PHW-Newsletter