

W UNIVERSITY of WASHINGTON

Employee Financial Support Resources

Sometimes we need a little extra help. The University of Washington offers many programs and resources to help our employees and their families. Click on the boxes for more information or contact your Human Resources Consultant for help accessing resources.

UW CareLink Resources

UW CareLink connects you with experts who help you or your family members navigate life's challenges. You get free, confidential access to guidance consultants who provide:

- Counseling
- Legal advice
- Financial guidance
- Eldercare assistance
- Work-Life solutions
- Consultation for managers
- Critical and traumatic incident response services

COVID-19 Employee Emergency Fund

The COVID-19 pandemic is reshaping our economy and has created financial hardship for many individuals and families. In June 2020, the UW community came together to show its support for one another by establishing the UW COVID-19 Employee Emergency Fund to help eligible employees who are experiencing a critical, temporary and unforeseen financial hardship due to COVID-19.

Financial assistance programs Washington - need help paying bills

Financial assistance programs Washington. Find how to get financial help, including food, rental or energy bill assistance and free health care, in all cities and counties in Washington listed below, including Seattle and Spokane. Get grants, free items or stuff, government assistance and other social services.



2-1-1 is a free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial the three digit number 2-1-1 on your phone.



Rideshare

Ride together and you can save money on gas and parking, plus speed your commute by using high-occupancy-vehicle (HOV) lanes, on-ramps and even ferry loading.