

## **Be Well at BU!**

Boston University has many resources on campus to support all the facets of your personal wellness. A selection of these resources is listed below. Please note that the information listed here is a small snapshot of each department's offerings-we encourage you to visit their respective websites to learn all the details!

### **Wellness & Residential Education**

**19 Deerfield Street, 2<sup>nd</sup> Floor**

**617-353-3540 / <http://www.bu.edu/reslife>**

Wellness & Residential Education, a part of the Office of Residence Life, offers a variety of events throughout the year to educate students about health and wellness issues, including a one-hour alcohol education class. The office includes a resource library that contains books, brochures, and DVDs for student use, as well as a Stress-Free Zone where students can relax and de-stress. Students may also speak individually with staff for answers to health-related questions and referrals to on- and off-campus resources.

### **Student Health Services**

**881 Commonwealth Avenue, West Entrance**

**617-353-3575 / <http://www.bu.edu/shs>**

**Behavioral Medicine Clinic/Crisis Intervention Counselor: 617-353-3569**

Student Health Services provides a variety of medical, counseling, and psychological services to students. Many of these services are available at no cost or low cost. A Medical and Mental Health clinician are always available on call, after hours. In addition, a Crisis Intervention Counselor is on call 24 hours a day.

### **The Danielsen Institute**

**185 Bay State Road**

**617-353-3047 / <http://www.bu.edu/danielsen>**

The Danielsen Institute Clinic offers a variety of psychological services, including individual, group, family, and couples therapy, as well as psychological testing and assessment for adults, adolescents, and children. Many insurance plans, including Boston University's Chickering Health Plan, can be used to cover a portion of applicable fees, and a sliding fee scale is also available.

### **The Center for Anxiety and Related Disorders (CARD)**

**648 Beacon Street, 6<sup>th</sup> Floor**

**617-353-9610 / <http://www.bu.edu/anxiety>**

CARD offers treatment for a variety of anxiety disorders, including panic disorder, Generalized Anxiety Disorder, phobias, and eating disorders. Fees are based on a sliding scale, and some treatment associated with research studies may be free of charge.

### **The BU Psychological Services Center**

**648 Beacon Street, 5<sup>th</sup> Floor, Kenmore Square**

**617-358-4290 / <http://www.bu.edu/psc>** (Website under construction)

The PSC offers structured, symptom-focused, empirically-validated treatments including stress management, relaxation training, assertiveness training, anger management, and treatment for problems such as adjustment disorders, test or performance anxiety, difficulties in attention and concentration, and insomnia. The PSC provides a thorough initial intake interview to determine the nature and extent of emotional problems as well as neuropsychological assessment of attentional and cognitive/learning impairment. Fees are based on a low sliding scale. The PSC exclusively treats BU students, staff and faculty. All treatment is provided by PhD graduate students under the close supervision of licensed psychologists.

### **Chaplains**

**735 Commonwealth Avenue**

**617-353-3560 / <http://www.bu.edu/chapel>**

A variety of chaplains are available to all students, regardless of religious affiliation. Appointments can be scheduled, or students can visit the chapel office on weekdays between 9AM and 10PM.

### **The University Service Center**

**881 Commonwealth Avenue**

**617-358-1818 / <http://www.bu.edu/usc>**

The USC is an excellent starting point for anyone unsure of where to turn for help. The office was designed to help members of the university community who have questions or problems of a unique or complex nature that don't necessarily fit the more specialized areas addressed by other administrative offices. They also handle withdrawals and leaves of absence for undergraduate students.

### **Dining Services**

**775 Commonwealth Avenue**

**617-353-2990 / <http://www.bu.edu/dining>**

Dining Services is made up of Residence Dining, Retail Dining and Catering on the Charles which is our on-site catering department. The Dining Services Team works extremely hard to make the dining experience on campus both memorable and enjoyable. That's one of the reasons why Dining Services takes food allergies so seriously. Hundreds of students on our campus have food allergies and we are more than happy to work with them to make sure they feel safe eating the foods we have to offer. If you have a food allergy, please let us know (the sooner, the better) so that we can do our best to accommodate your needs. Please feel free to ask a server about ingredients, read all food labels and food signage, use designated service utensils and please don't be afraid to speak to a manager.

### **Sargent Choice Program**

**[www.sargentchoice.com](http://www.sargentchoice.com)**

**[sargentic@bu.edu](mailto:sargentic@bu.edu)**

The Sargent Choice program is a collaborative effort between Sargent College and BU Dining Services for the purpose of enhancing, expanding, and promoting healthy food options at BU. BU Nutrition & Fitness Center registered dietitians work closely with dining hall directors and chefs to create delicious and attractive foods that meet comprehensive nutrition criteria set by Sargent College. Sargent Choice foods are available at most on campus dining locations.

### **BU Nutrition & Fitness Center**

**635 Commonwealth Avenue, Room 401/401A**

**617-353-2721 / <http://www.bu.edu/nfc>**

The Nutrition and Fitness Center (NFC) develops customized eating plans at a discounted rate for BU faculty, staff and students. The NFC also offers individual counseling, group education, and faculty and staff fitness evaluations. The NFC provides both wellness-focused and medically necessary nutrition counseling. Please contact us for details.

### **Fitness and Recreation Center/Physical Education, Recreation, and Dance**

**915 Commonwealth Avenue**

**617-353-2748 / <http://fitrec.bu.edu>**

The Fitness and Recreation Center offers a variety of state-of-the-art facilities, including an 18,000 square foot weight and cardio room, two swimming pools, racquetball and squash courts, two multi-use gymnasiums, an elevated jogging track, a 35' climbing wall, a Pro Shop, and the Healthy Blends Café. Physical Education, Recreation, and Dance offers for-credit and non-credit classes in everything from fitness to climbing to martial arts. The department also coordinates all Intramural and Club Sports Programs.

### **Educational Resource Center**

**775 Commonwealth Avenue, 4<sup>th</sup> Floor**

**617-353-7077 / <http://www.bu.edu/erc>**

The Educational Resource Center provides academic support programs to the university community, including peer tutoring, the Writing Center, Language Link conversation groups, and various workshops. These services are available free of charge.

### **Career Services**

**19 Deerfield Street, 3<sup>rd</sup> Floor**

**617-353-3590 / <http://www.bu.edu/careers>**

The Office of Career Services can assist students in choosing a major, finding an internship, or preparing for their post-college job search. Services include workshops, job and internship fairs, résumé review, mock interviews, and career assessment tools.

### **Disability Services**

**19 Deerfield Street, 2<sup>nd</sup> Floor**

**617-353-3658 / <http://www.bu.edu/disability>**

The Office of Disability Services provides services and support to ensure that students with disabilities are able to access and participate in the opportunities available at Boston University. Disability Services also employs students as note takers, readers, and in other positions assisting disabled students.

### **The Howard Thurman Center**

**775 Commonwealth Avenue, Garden Level**

**617-353-4745 / <http://www.bu.edu/thurman>**

The Howard Thurman Center is Boston University's center for cultural learning and collaboration, based on the *common ground* philosophy of Dr. Howard Thurman. Through a variety of workshops, programs, and celebrations, the Howard Thurman Center aims to build community by eliminating barriers of divisiveness that separate individuals, groups, races, cultures, religions, and ethnicities.

### **Office of Judicial Affairs and Student Safety Programs**

**19 Deerfield Street, 3<sup>rd</sup> Floor**

**617-358-0700 / <http://www.bu.edu/dos/ja>**

The Office of Judicial Affairs and Student Safety programs serves as the primary administrator of the Code of Student Responsibilities and also provides information and resources to the university community regarding personal safety on and off campus.

### **Boston University Police Department**

**32 Harry Agganis Way**

**617-353-2121 / <http://www.bu.edu/police>**

The Boston University Police Department is a full-time, professional law enforcement agency that also provides a wide variety of public services, including emergency medical response, Rape Aggression Defense classes, and laptop and bicycle registration. Through the community policing program, officers are assigned to various areas of campus to work closely with the community in addressing crime and crime prevention, as well as social issues, which directly affect the quality of life at Boston University

### **Environmental Health and Safety**

**704 Commonwealth Avenue, 2<sup>nd</sup> Floor**

**617-353-4094 / <http://www.bu.edu/ehs>**

The Office of Environmental Health and Safety (OEHS) provides a full range of environmental, health, and safety services to the University community. These services include, but are not limited to, Fire and Life Safety programs and support of the university's Recycling program.

## **Office of the Dean of Students**

**775 Commonwealth Avenue, 3<sup>rd</sup> Floor**

**617-353-4126 / <http://www.bu.edu/dos>**

The mission of the Office of the Dean of Students and the Division of Student Affairs is to enhance the quality, character and perspectives of our students. Through its many orientation, mentoring and counseling programs, the Division promotes an environment that encourages intellectual exchange and individual expression. The Dean of Students has an open door policy and is available to all students by appointment.

### **Need academic advice?**

If you have questions relating to any and all things academic, the best place to start is with your academic advisor. Consult the list below to find the advising office for your school or college.

College of Arts and Sciences, 725 Commonwealth Ave., Rm 105	617-353-2400
College of Communication, 640 Commonwealth Ave., Rm 123	617-353-3471
School of Education, 2 Sherborn Street	617-353-4233
College of Engineering, 44 Cummington Street	617-353-6447
College of Fine Arts, 885 Commonwealth Ave.	617-353-3350
College of General Studies, 871 Commonwealth Ave.	617-353-2850
School of Hospitality Administration, 928 Commonwealth Ave., Rm 307	617-353-0930
School of Management, 595 Commonwealth Ave., Suite 102	617-353-2650
Metropolitan College, 755 Commonwealth Ave.	617-353-2980
Met-Science and Engineering Program (SEP)	617-353-0935
Sargent College, 635 Commonwealth Ave.	617-353-2708
University Professors Program, 745 Commonwealth Ave., 6 <sup>th</sup> floor	617-353-4020