

**Immediate Safety Concerns & Emergencies—BU Police—617-353-2121**



**MET Resources for All Students—Enrollment & Student Success (ESS)**

[metess@bu.edu](mailto:metess@bu.edu); 617-353-2980  
1010 Commonwealth Ave, 1<sup>st</sup> floor West Suite

**Sexual Misconduct Reporting—MET’s Title IX Coordinator**

Julie Prendergast, Director of Human Resources, MET  
[jprend@bu.edu](mailto:jprend@bu.edu); 617-358-3166

*ESS is your 1-stop location for assistance with academic support, physical/mental health, and community resources. Not sure where to go or who could best help? Contact ESS!*

- [Reporting Form for incidents of harassment, discrimination, or sexual misconduct](#)
- [Confidential On & Off Campus Resources](#)

PHYSICAL/MENTAL HEALTH & WELLBEING	ACADEMIC & CAREER SUPPORT	ADDITIONAL COMMUNITY RESOURCES
<p><b>Student Health Services</b> <a href="https://www.bu.edu/shs/">https://www.bu.edu/shs/</a></p> <ul style="list-style-type: none"> <li>• Behavioral Medicine <a href="https://www.bu.edu/shs/behavioral-medicine/services-we-provide/">https://www.bu.edu/shs/behavioral-medicine/services-we-provide/</a> <ul style="list-style-type: none"> <li>○ assessment &amp; diagnosis, brief treatment, groups and workshops, <b>24/7 on-call mental health emergencies</b>, referral services to community resources for longer-term care, phone consultations, outreach &amp; prevention</li> </ul> </li> <li>• Health Promotion &amp; Prevention <a href="https://www.bu.edu/shs/wellness/">https://www.bu.edu/shs/wellness/</a></li> </ul> <p><b>SARP (Sexual Assault Response &amp; Prevention Center)</b> <a href="https://www.bu.edu/shs/sarp/">https://www.bu.edu/shs/sarp/</a></p> <ul style="list-style-type: none"> <li>○ <b>24/7 crisis line</b>, medical, legal, and academic advocacy, individual counseling and referrals to community providers, group counseling</li> <li>○ Discussions with SARP counselors are confidential and do not trigger a complaint to the University</li> </ul> <p><b>Office of the Ombuds</b> <a href="https://www.bu.edu/ombuds/">https://www.bu.edu/ombuds/</a></p> <ul style="list-style-type: none"> <li>○ Independent, impartial, informal problem-solving resource for ALL BU community members (faculty/staff/students)</li> </ul> <p>Students may use Student Health Services if they are:</p> <ul style="list-style-type: none"> <li>• Full-time, regardless of insurance (excludes on-line students)</li> <li>• Any student (this excludes students on LOA) with the Student Health Insurance Plan (SHIP)</li> </ul> <p>All students (online/on-campus; full/part-time, etc.), regardless of status or insurance, are <b>eligible for assistance with community referrals.</b></p>	<p><b>MET Career Development</b> <a href="https://www.bu.edu/met/careers/">https://www.bu.edu/met/careers/</a></p> <p><b>BU Center for Career Development (CCD)</b> <a href="https://www.bu.edu/careers/">https://www.bu.edu/careers/</a></p> <p><b>BU Professional Clothing Closet</b> <a href="https://www.bu.edu/careers/resources/professional-clothing-closet/">https://www.bu.edu/careers/resources/professional-clothing-closet/</a> Provides students with FREE professional attire appropriate for interviews, networking events, career fairs, and the workplace</p> <p><b>BU Educational Resource Center</b> <a href="https://www.bu.edu/erc/">https://www.bu.edu/erc/</a> Academic Skills Workshops &amp; Advising, Master’s Students Lunch &amp; Learn Series, and more</p> <ul style="list-style-type: none"> <li>• Writing assistance: <a href="https://www.bu.edu/erc/writingassistance/">https://www.bu.edu/erc/writingassistance/</a></li> <li>• Language Link Conversation Groups: <a href="https://www.bu.edu/erc/link/#tutoring-types">https://www.bu.edu/erc/link/#tutoring-types</a></li> </ul> <p><b>Disability &amp; Access Services</b> <a href="https://www.bu.edu/disability">https://www.bu.edu/disability</a></p> <p><b>BUild Lab</b> <a href="https://www.bu.edu/innovate/about/build-lab/build-lab-about/">https://www.bu.edu/innovate/about/build-lab/build-lab-about/</a> Innovate@BU BUild Lab—Launch ideas, learn new skills, get inspired, find resources, get advice</p>	<p><b>Newbury Center (1<sup>st</sup> Generation Students)</b> <a href="https://www.bu.edu/newbury-center/">https://www.bu.edu/newbury-center/</a></p> <p><b>Howard Thurman Center for Common Ground</b> <a href="https://www.bu.edu/thurman/">https://www.bu.edu/thurman/</a> Explore community, identity, and belonging through programs and events that foster critical thought, building new connections, and provoke conversations on current issues.</p> <p><b>Student Employment Office</b> <a href="https://www.bu.edu/seo/">https://www.bu.edu/seo/</a></p> <p><b>University Service Center (BU Connect)</b> <a href="https://www.bu.edu/usc/">https://www.bu.edu/usc/</a></p> <p><b>International Students - Center for English Language &amp; Orientation Programs (CELOP)</b> (<a href="https://www.bu.edu/celop/">https://www.bu.edu/celop/</a>)</p> <p><b>BU International Students &amp; Scholars Office (ISSO)</b> <a href="https://www.bu.edu/isso/">https://www.bu.edu/isso/</a> Need quick assistance from ISSO? Utilize the <a href="#">Advisor On Call</a></p> <p><b>BU Graduate Education – Provost’s Office Central Resource Guide</b> <a href="https://www.bu.edu/grad/resources/">https://www.bu.edu/grad/resources/</a></p> <p><b>Resources largely created by BU LGBTQIA+ students and the Queer Activist Collective</b></p> <ul style="list-style-type: none"> <li>• <a href="#">LGBTQ+ Resources</a></li> </ul>

<p><b>Boston-Based &amp; National Resources:</b></p> <p><b>National Mental Health &amp; Suicide Hotline</b> Dial 988 from anywhere in the U.S. <a href="http://www.988lifeline.org">www.988lifeline.org</a></p> <p><b>Boston Area Rape Crisis Center BARCC</b> <a href="https://barcc.org/">https://barcc.org/</a> 24-7 Hotline: 800-841-8371; 617-492-8306</p> <p><b>RAINN</b> <a href="https://www.rainn.org/public-policy-action">https://www.rainn.org/public-policy-action</a> 800.656.HOPE (4673)</p>	<p><b>External Sources for Reading/Writing/Grammar Assistance:</b></p> <ul style="list-style-type: none"><li>• All aspects of academic English but especially strong on writing and reading: <a href="http://www.uefap.com/writing/writfram.htm">http://www.uefap.com/writing/writfram.htm</a></li><li>• Academic English skills: <a href="http://www.uefap.com/reading/readfram.htm">http://www.uefap.com/reading/readfram.htm</a></li><li>• Listening/reading lessons on a variety of current events and topics: <a href="http://www.breakingnewsenglish.com/">http://www.breakingnewsenglish.com/</a></li><li>• BBC's English learning website: <a href="https://www.bbc.co.uk/learningenglish/">https://www.bbc.co.uk/learningenglish/</a></li><li>• Practice your idioms and phrasal verbs (includes quizzes): <a href="https://www.idiomconnection.com">https://www.idiomconnection.com</a> <a href="http://a4esl.org/q/h/idioms.html">http://a4esl.org/q/h/idioms.html</a></li><li>• Grammar quizzes &amp; clear explanations of many aspects of grammar <a href="http://www.grammar-quizzes.com">http://www.grammar-quizzes.com</a></li><li>• Short lessons and practice on major grammar topics: <a href="http://www.englishgrammarsecrets.com">http://www.englishgrammarsecrets.com</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Resources for Trans Students at BU</a></li><li>• <a href="#">QTBIPOC Boston Resources</a></li><li>• <a href="#">How Change Names in BU Systems</a></li><li>• <a href="#">TGNC-Specific Support Groups</a></li><li>• <a href="#">Gender Affirming Product Program</a></li><li>• <a href="#">All Gender BU Bathrooms Map</a></li><li>• <a href="#">BU LGBTQIA+ Center for Faculty and Staff</a></li><li>• <a href="#">BU Out List</a></li></ul>
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