



BOSTON COLLEGE FACULTY & STAFF GUIDE

STUDENT WELLNESS
RESOURCES

**Division of Student Affairs
Center for Student Wellness**

📍 Gasson 013 & Gasson 025

☎ 617-552-9900

✉ bwell@bc.edu

🖱 www.bc.edu/student-wellness



TABLE OF CONTENTS

Introduction.....	1
Wellness & Student Support	2
Campus Ministry.....	3
Center for Student Wellness.....	4-5
Dean of Students.....	6-7
Dining Services/Nutritionist.....	8
Margot Connell Recreation Center.....	9
Office of International Students and Scholars.....	10
Residential Life.....	
University Counseling Services.....	11
University Health Services.....	12
Women’s Center and SANet.....	13
Diversity and Inclusion	14
Thea Bowman AHANA and Intercultural Center.....	15
Academic/Career Support	16
Career Center.....	17
Connors Family Learning Center.....	18
Safety and Security	19
Boston College Police Department.....	20
Sexual Violence/Title IX.....	21
Employee Wellbeing.....	22



INTRODUCTION

Wellness is vital to student academic success. BC strives to embed wellness in all aspects of the student experience. Access to comprehensive wellness services, education, and support allows Boston College students to thrive and promotes the creation of healthy habits and a lifestyle that will continue to benefit them for years to come.

This campus wellness guide is designed to highlight resources available to students. We also included wellness resources for faculty and staff. You have a profound impact on students' overall well-being. Together we can continue to foster a culture of care and wellness. The resources listed support and care for students in a variety of ways.

Each office has a short description including their website, contact information, and location on campus.

WELLNESS & STUDENT SUPPORT

CAMPUS MINISTRY

📍 McElroy 233
☎ 617-552-3475
✉ ministry@bc.edu
👉 bc.edu/campus-ministry

DESCRIPTION

The Office of Campus Ministry works to foster lives of faith and justice among the students, faculty, and staff of Boston College through. We contribute to the formation of the whole person by inviting participants to recognize the call of God in their lives, commit to ongoing faith formation, and model lives of prayer, reflection, and service. We do this through dedicated service and immersion programming, faith and community formation, worship opportunities, and pastoral care.

SERVICES

CLINICAL PASTORAL COUNSELING

📍 McElroy 227
☎ 617-552-6592
👉 bc.edu/pastoral

Clinical Pastoral Counseling is a confidential service of psychotherapy for any BC undergraduate or graduate students interested in therapy in a spiritual context with someone who has training in both psychotherapy and spirituality. BC offers this option to students of any spiritual/religious background/faith tradition.

SPIRITUAL DIRECTION

📍 McElroy 226
☎ 617-552-4665
👉 [Spiritual Direction Website](#)

LITURGIES AND WORSHIP SERVICES

CATHOLIC:

📍 McElroy 229
☎ 617-552-4667
👉 [Catholic Liturgies and Worship Website](#)

MULTI-FAITH:

📍 McElroy 225
☎ 617-552-8308
👉 [Multi-Faith Liturgy and Worship Website](#)

CENTER FOR STUDENT WELLNESS

📍 Gasson 013 & Gasson 025
☎ 617-552-9900
✉ bwell@bc.edu
👉 www.bc.edu/student-wellness

DESCRIPTION

Through education and prevention efforts, CSW focuses on health (stress, sleep, time management, relationships), mental health (mindfulness, tools for resilience) and substance use (alcohol, drugs, vaping, gambling, gaming). Our programs and services are designed to educate and empower students to make healthy decisions and find balance in their lives.

SERVICES

ALCOHOL AND DRUG EDUCATION PROGRAM

✉ aod@bc.edu
👉 www.bc.edu/ade

Provides opportunities for students to reflect on choices, receive support and learn strategies for making low risk choices around substance use as well as support for vaping cessation, gambling and recovery resources.

WELLNESS COACHING

✉ bwell@bc.edu

Wellness Coaching is a free service available to all students through the Center for Student Wellness. A trained peer Wellness Coach can meet one-to-one with students to create goals and strategies that will help them reach their wellness goals around any of our 12 topics focused on caring for their mind, body, and soul. Wellness Coaches can connect students with resources and provide helpful tools. Encourage students to make an appointment online by clicking [here](#) or by calling our office.



CENTER FOR STUDENT WELLNESS

📍 Gasson 013 & Gasson 025
☎ 617-552-9900
✉ bwell@bc.edu
👉 www.bc.edu/student-wellness

SERVICES CONTINUED

WELLNESS PRESENTATIONS

✉ bwell@bc.edu

If you would like to have a wellness presentation in your class regarding stress, time management, sleep or substance use please reach out to the Center for Student Wellness.

LEAN ON ME

☎ text-line 617-553-6655

Lean on Me is a non-crisis text-based anonymous text-line. Lean On Me envisions a world where everybody has somebody to lean on. Encourage students to send a text to this number to connect with a peer: (617) 553-6655.

QPR (QUESTION, PERSUADE, REFER) SUICIDE PREVENTION TRAINING

QPR is a 1.5 hour evidence-based suicide prevention training developed by the QPR Institute. At the training, students, faculty, staff will learn about suicidal warning signs, how to take action, gain practice asking about life stressors, suicidal thoughts, offer hope and increase awareness of resources to the person students, faculty, staff are engaging with. Upon completion of the training, students, faculty, staff receive a QPR Gatekeeper Certificate that is valid for 3 years.

We hope you'll join the 700+ students, faculty, and staff that have already been trained and certified in QPR Suicide Prevention. If you want to sign-up for a training, reach out to aod@bc.edu

DEAN OF STUDENTS

- 📍 Maloney Hall, Suite 448
- 📞 617-552-3470
- ✉ deanofstudents@bc.edu
- 👉 www.bc.edu/dos

DESCRIPTION

The Dean of Students Office serves as a central hub for student support and connection during moments of crisis, challenge, or need. DOS can help by intervening, problem-solving, and connecting students to the right resources.

SERVICES

DISABILITY SERVICES

- ✉ disabsrv@bc.edu

Disability Services serves students with medical, physical, or psychological disabilities. Students seeking accommodations can seek support from DOS and [register online](#). All community members can report an accessibility concern.

STUDENT SUPPORT

- ✉ student.support@bc.edu

DOS staff work collaboratively with partners across campus to support students through whatever challenges they may be facing. DOS helps students get connected to the resources appropriate for their individual needs and consult with community members who are [concerned about a student](#).

DEAN OF STUDENTS

- 📍 Maloney Hall 448
- 📞 617-552-3470
- ✉ deanofstudents@bc.edu
- 👉 www.bc.edu/dos

SERVICES CONTINUED

STUDENT CONDUCT AND COMMUNITY STANDARDS

- ✉ studentconduct@bc.edu

DOS addresses student behavioral concerns including reports of bias incidents, sexual misconduct, and other alleged violations of the Student Code of Conduct. Students can report alleged violations online or make an appointment with a DOS staff member.

OFF-CAMPUS STUDENT LIVING

- 📞 617-552-3075
- ✉ offcampus@bc.edu

DOS supports students living off-campus by providing information on living off campus, managing an off-campus housing database and providing programming and support for students living off campus.



DINING SERVICES/ NUTRITIONIST

📍 129 Lake St.

✉ bcdining@bc.edu

👉 bc.edu/dining

DESCRIPTION

BC Dining is committed to ensuring access to balanced, nutritious, and delicious meals. Whether you are an omnivore, vegan or vegetarian, we have a variety of food options in our campus eateries that include local, sustainable foods. We provide services to help students meet their nutritional needs, like nutritional counseling and meal accommodations for students with food allergies, celiac disease, or other medical nutritional needs.



MARGOT CONNELL RECREATION CENTER

✉ campusrec@bc.edu

👉 bc.edu/rec

DESCRIPTION

The Margot Connell Recreation Center redefines the future of fitness and recreation at Boston College. The 244,000 square-foot, four-story structure off St. Thomas More Road offers our community an inspired space to play, pursue sports, gather with friends and work out.

This facility includes a fitness center, rock climbing wall, jogging track, aquatics center, wood-floor basketball courts, tennis courts, multi-activity courts, multi-purpose rooms for spin, yoga, and fitness classes, and more.



OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS

📍 258 Hammond St.

✉ bcis@bc.edu

👉 bc.edu/oiss

DESCRIPTION

The OISS ensures that Boston College is in compliance with all federal government immigration requirements for this population by the U.S. Department of State and U.S. Citizenship and Immigration Services. Additionally, OISS provides resources, services, and programs for international students and scholars to help them successfully integrate to the Boston College campus



RESIDENTIAL LIFE

📍 Maloney Hall 413

✉ reslife@bc.edu

👉 bc.edu/reslife

DESCRIPTION

RESIDENTIAL MINISTERS

Residential Ministers (RMs) live in the residence halls and serve as conversation partners with students and are open to talking about a myriad of issues that unfold as students discover themselves throughout their college journey. In addition to their pastoral role, the RMs offer hospitality, opportunities for prayer, discussions, programs around a variety of topics, and other engagements to build community in the residence halls. All students are welcome to utilize RMs regardless of their faith, tradition or spiritual practices!

LIVING LEARNING COMMUNITIES

Living & Learning Communities give students a chance to live intentionally alongside peers that share their interests and values—like sustainability and healthy living.



UNIVERSITY COUNSELING SERVICES

📍 Gasson 001

☎ 617-552-3310

👉 www.bc.edu/counseling

DESCRIPTION

University Counseling Services provides ongoing and emergency mental health care to Boston College students with the goal of helping students manage and alleviate distress so they can better engage in their lives at BC and beyond. We offer individual and a wide range of group therapies, psychiatric medication services, and consultation to support fellow members of the BC community. We encourage anyone experiencing distress or wanting an opportunity to process their thoughts, feelings, and reactions to seek individual and/or group support from us, either by dropping by our offices or calling us. Remember, you are not alone.

The Psychological Emergency Clinician (PEC) can be reached 24/7 by calling 617-552-3310 and choosing option 2.



UNIVERSITY HEALTH SERVICES

📍 2150 Commonwealth Avenue

☎ 617-552-3225

✉ uhs@bc.edu

🖱 www.bc.edu/uhs

DESCRIPTION

University Health Services is open 24 hours per day, 7 days per week when residence halls are open. We provide comprehensive care for the student, including general illness, physical exams, women's and men's health, sports medicine, and travel consultations. Our inpatient infirmary provides respite care for students that are too sick to stay in their residence hall, but not sick enough for the hospital.

UHS NUTRITIONIST

Our 10 hour per week dietitian works collaboratively with our eating disorder task force in seeing students that require this comprehensive care.



WOMEN'S CENTER & SANet

📍 Maloney 441

WOMEN'S CENTER

☎ 617-552-3489

✉ Women@bc.edu

👉 [Women's Center Website](#)

The Women's Center was founded in 1973 to support, educate, and empower students of all genders in an inclusive and welcoming space. Valuing personal agency and strong community, our staff works to engage Boston College students through mentoring programming, campaign weeks, events, and conversations that cultivate leadership, authentic relationships, and awareness of intersectional social justice issues.

SEXUAL ASSAULT NETWORK (SANet)

☎ 617-552-8099 Hotline: 617-552-2211

✉ SANet@bc.edu

👉 [SANet Website](#)

HOTLINE

The mission of the Boston College Sexual Assault Network (SANet) hotline is to confidentially support those who have been directly or indirectly affected by sexual violence and/or intimate partner violence. BC-based Advocates are available through the hotline 24/7 during the Fall and Spring semesters.

CARE TEAM

Just like the SANet hotline team, the SANet CARE team is staffed by members of the BC community whom you already know and trust. The team can be reached through daily walk-in hours or scheduling an appointment. Meetings are confidential and can be held in-person or virtually as preferred by students.

DIVERSITY & INCLUSION

THEA BOWMAN AHANA AND INTERCULTURAL CENTER

📍 Maloney 455

✉ bowmancenter@bc.edu

👉 bc.edu/ahana

DESCRIPTION

The Thea Bowman Intercultural Center supports the undergraduate community—with a particular focus on students of color, LGBTQ+, and historically marginalized students — in navigating college life and fulfilling their potential.



ACADEMIC/CAREER SUPPORT

CAREER CENTER

📍 Southwell Hall

✉ career.center@bc.edu

🖱 bc.edu/careercenter

DESCRIPTION

The Boston College Career Center empowers students from all academic disciplines to incorporate their career goals into a life of meaning and impact. We guide students as they explore their career interests, begin to design lives of purpose, and actively prepare to pursue opportunities that help them achieve their goals.



CONNORS FAMILY LEARNING CENTER

 O'Neill 200
 617-552-0611
 bc.edu/connors

DESCRIPTION

The CFLC offers free peer tutoring in over 60 courses as well as writing and skill focused academic coaching. We assist students with ADHD and learning disabilities, helping to ensure their academic success at Boston College.



SAFETY & SECURITY

BOSTON COLLEGE POLICE DEPARTMENT

- 📍 Ground Floor Maloney
- 📞 non-emergency: 617-552-4440
- 📞 emergency: 617-552-4444
- 👉 bc.edu/bcpd

DESCRIPTION

The Boston College Police Department works together with our community to create a safe and secure campus environment that encourages mutual respect, caring for others and responsible behavior.



SEXUAL VIOLENCE/ TITLE IX

☎ 617-552-3482

✉ TitleIXCoordinator@bc.edu

👉 [Title IX Website](#)

DESCRIPTION

Title IX is a federal law which prohibits sex-based discrimination in educational programs. Sexual harassment or other forms of sexual misconduct are prohibited at Boston College. As an employee, you are in a position to assist students who may have experienced sexual assault, dating violence, sexual harassment or other forms of sexual misconduct. Please review this [handout](#) for specific ways in which you can care for the student and connect them with someone who can provide resources, supports, and options.



EMPLOYEE WELLBEING

SUPPORT SERVICES

Employee Assistance

Marie Elena Gioiella

Boston College Director, Employee Wellbeing

617-552-334

- [Meditation and Mindfulness](#)
- [Vision Van](#)
- [Family Caregiving Sessions](#)
- [Virtual Wellness Classes](#)
- [Cancer and Chronic Illness](#)
- [Healthy Eating and Cooking Lifestyle Program](#)
- [Smoking Cessation](#)

KGA, Boston College's Employee Assistance Provider

Confidential Resource

Accessible 24/7 support network

Available to employees and adult household members

- *Counseling (5 sessions)*
- *Consultation*
- *Referral*

Access, Tools & Content via <https://my.kgalifeservices.com>

*Organization Code: **bostoncollege***

In crisis or in need of immediate support? Call: 800-648-9557

MENTAL HEALTH MATTERS: BECOME CERTIFIED IN SUICIDE PREVENTION

At BC we care about mental health. This is why it is important for all members of our community to feel comfortable responding to people in crisis and connect them to resources. We may be reluctant to get involved because we don't have the skills or the knowledge needed to respond. BC is committed to training as many faculty, staff and students as possible in QPR to support the mental health of the community.

We hope you'll join the 700+ students, faculty, and staff that have already been trained and certified in QPR Suicide Prevention. If you want to sign-up for a training, have any questions about mental health or suicide prevention reach out to aod@bc.edu




Center for Student Wellness