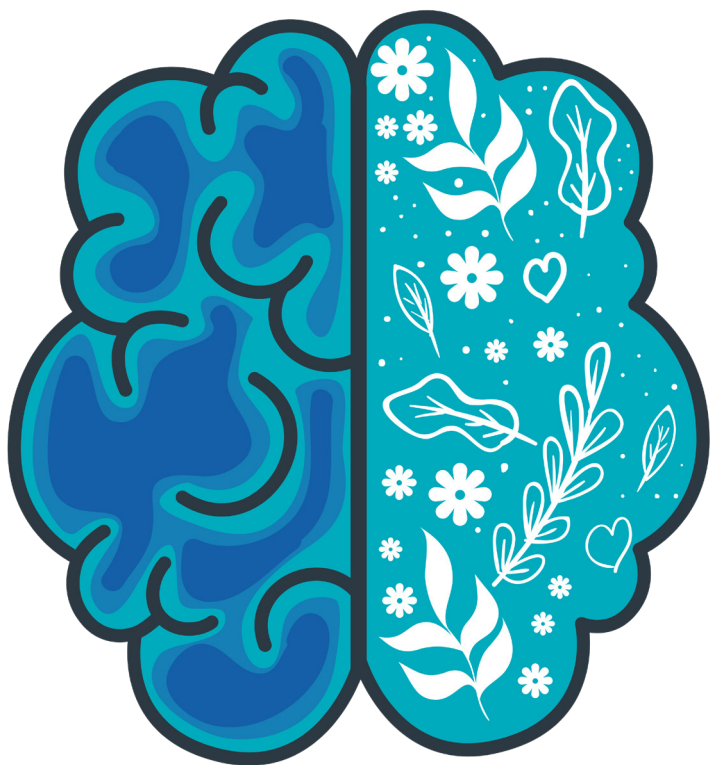


Mental Health



Resources at Student Health Services



Boston University Student Health Services

Mental Health Services Overview

Where can I go for support at Student Health Services (SHS)?

Behavioral Medicine is our mental health counseling office that helps thousands of students each year through therapy, support groups, medication management, and more. The **Sexual Assault Response & Prevention Center (SARP)** provides counseling for survivors of sexual assault, dating violence, other types of interpersonal violence, and traumatic events. All of our providers are experienced in supporting students with diverse needs and identities.

Who can use mental health services at SHS?

You can use all services if you're 1) a full-time student or 2) a part-time student with the Student Health Insurance Plan (SHIP). Part-time students without SHIP can attend support groups and get help in an emergency. We can also refer you to community providers for more services.

How much do mental health services cost?

SHS mental health services are free. The cost is covered by your tuition.

Is there a limit on the number of appointments?

No. However, Behavioral Medicine uses a short-term care model. This means if you need to see a provider for a longer period of time, we'll connect you with someone close to campus (or wherever you live) who accepts your insurance to continue your care. This allows us to provide services quickly to the greatest number of students.

What if I want to see a therapist outside of SHS?

We have a network of community mental health providers with expertise in numerous areas. Our Referral Coordinator can help you find a provider that fits your needs.

What Support is Right for Me?

It's easy to learn about your options.

Start by scheduling an initial appointment. This will last about 20 minutes. The therapist will ask you some questions to understand your concerns and determine your needs so, together, a plan can be made that's best for you.

There are two ways to schedule an initial appointment:

1. Online at patientconnect.bu.edu.

Scan for detailed instructions.

2. Call 617-353-3569

Monday - Friday during business hours.

See bu.edu/shs for current hours.



If you're having a [mental health emergency](#), do not make an appointment online. Call Behavioral Medicine immediately at [617-353-3569](tel:617-353-3569), available 24/7. You can also call 911 or go to your nearest Emergency Room.

What about my privacy?

What you talk about with a mental health provider is confidential. Your information is not shared with parents, partners, professors, coaches, or anyone else without your permission. The only time information would be shared is in a life-threatening emergency.

Group Mental Health Support

Connect with other BU students and build skills to support your mental health in a safe, confidential, and supportive space.

SHS offers groups and workshops for a variety of needs:

- Managing emotions
- Meditation
- Focus/attention
- Grief
- Identity-based groups
- Trauma and interpersonal violence
- And more

Groups may vary by semester.

Scan or visit bu.edu/shs/groups for a current list and instructions to sign up.



Mental Wellness Resources

SHS offers many free resources to help you take care of your mental health and reduce stress.

All Ears Peer Listening Program

Talk with another student who has been trained to listen and provide support for struggles such as homesickness, academic pressure, and loneliness. bu.edu/shs/all-ears

Mindfulness Programs

Learn meditation and movement techniques to help manage stress. No previous experience required! Attend a workshop, or request one for your student group.

bu.edu/shs/mindfulness

Sleep Kits

Contains a sleep mask, ear plugs, tea, lavender lip balm, and information about how to get good sleep. Order yours:

bu.edu/shs/sleep

Mental Health Tips

Tips for managing stress, homesickness, anxiety, depression, grief, challenges with attention, and more.

bu.edu/shs/mentalhealthtips

Headspace

A research-backed app for mindfulness and meditation. Free through BU's Student Wellbeing Office. Sign-up at

bu.edu/headspace



Terriers Connect Training

Build skills for effectively supporting others.

You will learn:

- Warning signs that someone may be struggling or suicidal
- How to refer someone to campus support resources
- Communication and relationship-building skills

Schedule a training for any group of 10+ people: your club, sports team, Greek organization, etc.

bu.edu/shs/terriersconnect

24/7 Emergency Numbers

Behavioral Medicine: 617-353-3569

For mental health emergencies

SARP: 617-353-7277

For crises related to interpersonal or sexual violence

BU Police: 617-353-2121

For immediate safety concerns

Suicide & Crisis Lifeline: 988

National suicide prevention hotline

THRIVE Lifeline: 313-662-8209

Text service for BIPOC, LGBTQ+, persons living with disabilities, neurodiverse persons, and/or other marginalized identities

The Trevor Project: 866-488-7386

Crisis line for LGBTQ+ young people

Trans Lifeline: 877-565-8860

Crisis line with trans/nonbinary peer operators

