

BOSTON COLLEGE FACULTY & STAFF GUIDE

STUDENT WELLNESS RESOURCES

Division of Student Affairs Murray Center for Student Wellness

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



BOSTON COLLEGE
Division of Student Affairs

MURRAY CENTER FOR STUDENT WELLNESS



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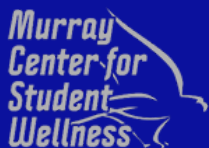
INTRODUCTION

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 offer 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/faitth tradition.

SPIRITUAL DIRECTION

📍 McElroy 226
☎ 617-552-4665
👉 Spiritual Direction Website

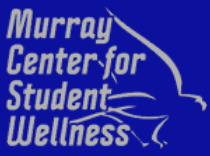
LITURGIES AND WORSHIP SERVICES

CATHOLIC:

📍 McElroy 229
☎ 617-552-4667
👉 Catholic Liturgies and Worship Website

MULTI-FAITH:

📍 McElroy 225
☎ 617-552-8308
👉 Multi-Faith Liturgy and Worship Website



MURRAY 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, MCSW focuses on health (sleep, time management, relationships, exercise and nutrition), mental health (stress, mindfulness, tools for resilience) and substance use (alcohol, drugs, vaping, gambling, sports betting). Our programs and services are designed to educate and empower students to make healthy decisions and find balance in their lives.

SERVICES

SUBSTANCE USE EDUCATION PROGRAM

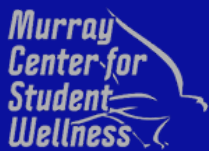
✉ aod@bc.edu
👉 www.bc.edu/ade

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, sports betting and recovery resources.

WELLNESS COACHING

✉ bwell@bc.edu
👉 [Wellness Coaching](#)

Wellness Coaching is a service available to all graduate and undergraduate students. A trained peer Wellness Coach meets 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 connect students with resources and provide helpful tools. Encourage students to make an appointment online by visiting the google calendar on our website or by calling our office.



MURRAY 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 our Director, Jeannine Kremer, jeannine.kremer@bc.edu.

LEAN ON ME

☎ text-line 617-553-6655

Lean on Me is a non-crisis anonymous text support 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, and 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, and staff are engaging with. Upon completion of the training, students, faculty, and staff receive a QPR Gatekeeper Certificate that is valid for 3 years.

We hope you'll join the 1100+ 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 Kelly Hughes, hugheskn@bc.edu.

DEAN OF STUDENTS

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

DESCRIPTION

The Office of the Dean of Students (DOS) fosters a culture of care, responsibility, and growth so that all students feel welcome and can thrive. DOS looks out for wellbeing of the entire BC community, and a critical part of that is caring for the individual. We are here for students as they navigate the opportunities and complex challenges of the college experience. We support students directly and by helping them access a variety of resources.

The DOS motto is “Cultivating Care,” which we embody through individualized support and community engagement activities such as the BCaring campaign, Dinner with the Dean, and Restorative Practices. These initiatives reflect our commitment to fostering a supportive, inclusive, and engaged campus community.

As the central hub for student support and care at Boston College, the Office of the Dean of Students serves as a trusted resource and partner to students, faculty, staff, and families. Whether you need to submit a report, consult about a concern, or simply don’t know where to turn, we are here to listen, offer guidance, and help find a path forward.

SERVICES

REPORTING

We receive and respond to reports of concern, including those regarding concern for a student or their behavior, alleged conduct violations, alleged bias incidents, and accessibility-related concerns. All community members can review information on how to file a report, what happens when a report is filed, and connect with our team through www.bc.edu/report.

If you’re unsure where to turn, especially if you’re concerned about a student, please don’t hesitate to contact us. We’d love to help.

DEAN OF STUDENTS

📍 Maloney Hall 448

☎ 617-552-3470

✉ deanofstudents@bc.edu

🖱 www.bc.edu/dos

SERVICES CONTINUED

STUDENT SUPPORT

DOS staff work collaboratively with partners across campus to support students through any challenges they may face. The DOS Student Support team can consult with you when you are concerned about a student and meets with students to help them problem-solve and connect to resources. The DOS Disability Services team provides disability-related accommodations for students with medical, physical, psychiatric, and temporary disabilities.

- ✉ Disability Services: disabsrv@bc.edu
- ✉ Student Support: student.support@bc.edu

POLICIES AND EXPECTATIONS

The Office of the Dean of Students coordinates the student conduct system and oversees all matters concerning the conduct and behavior of Boston College students to ensure our community is aligned with the mission of Boston College. The student conduct process supports student formation and growth through education and programming that emphasize civility, responsibility, and a sense of belonging. Students can report alleged violations online or make an appointment with a DOS staff member.

- ✉ Student Conduct: studentconduct@bc.edu



DEAN OF STUDENTS

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

SERVICES CONTINUED

PROGRAMS AND SERVICES

We collaborate with partners on and off campus to bring a range of programs and services to students that promote each individual's wellbeing and strengthen the BC community as a whole. Our events and programs focus on giving back to the community, promoting aid and assistance, and fostering positivity and care among one another. Some examples include the Taste of Off-Campus, the BCarin campaign, Dinner with the Dean, the implementation of Restorative Practices across the University, and the Student Conduct Board.

We also aim to enhance the off-campus living experience by offering educational resources, maintaining an off-campus housing database, and providing programming and support for students residing off campus

- ☑ Off-Campus Student Living: offcampus@bc.edu
- ☑ Community Engagement: deanofstudents@bc.edu
- ☑ Restorative Practices: restorativepractices@bc.edu



DINING SERVICES/ DIETITIAN

📍 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

At Boston College, our recreation facilities are designed to support the health, wellness, and recreational interests of our entire community. With a wide array of state-of-the-art equipment, versatile spaces, and comprehensive amenities, we cater to fitness enthusiasts of all levels. Whether you're looking to engage in competitive sports, enjoy a casual workout, or participate in group fitness classes, our facilities provide a welcoming and dynamic environment for everyone.

Services/Features:

Golf Simulator

Group Fitness Classes

Indoor & Outdoor Tennis Courts

Indoor Recreation Track

Locker and Towel Services

Personal Training

Outdoor Adventure Equipment Rental

Swim Lessons (Youth and Adult)



OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS

📍 258 Hammond St.

✉ bcis@bc.edu

🖱 bc.edu/oiss

DESCRIPTION

The OISS provides resources, services, and programs to support and integrate international students and scholars into the Boston College community. OISS also provides information and assistance to international students and scholars to maintain proper visa status during their time at Boston College.



RESIDENTIAL LIFE

📍 Maloney Hall 413
✉ reslife@bc.edu
🖱 bc.edu/reslife

DESCRIPTION

Residential Life seeks to create safe, inclusive, and well-maintained living communities. We engage our community members in opportunities to develop spiritually, socially, and intellectually in the Jesuit, Catholic tradition of the University.

Resident Directors: Resident Directors live in all 15 Residential Communities on campus and serve as a resource to on-campus students. In addition to roommate or building issues, RDs work with a variety of campus partners to foster communities to thrive during a resident's BC experience.

Residential Life On-Call Team: Members of the on-call team can be reached by phone 24/7 by contacting BCPD Non-Emergency (617-552-4440) and ask to speak with the Residential Life Administrator On-Call for follow-up.

Resident Assistants (RAs) On-Duty: RAs are on duty every night from 8:00 pm until 7:00 am. The community's RAs can be reached by phone using the phone numbers posted on the bulletin boards throughout the community's hallways.

Community Leadership Team: The Resident Director is an excellent resource during regular office hours, should a student want to connect for any reason.



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.

In addition, we have both a full-time registered dietitian and a full-time psychiatric mental nurse practitioner to provide well rounded care for our students.





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.

Career Center Offerings

- 1-on-1 career coaching for personalized career exploration and preparation.
- A robust portfolio of digital career development resources, such as Handshake and Eagle Exchange.
- Live opportunities to connect directly with employers and alumni through career fairs, networking nights, coffee chats, and more.



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.



ACADEMIC ADVISING CENTER

📍 Stokes Hall South 132
☎ (617) 552-9259
✉ aac@bc.edu
🖱 www.bc.edu/aac

DESCRIPTION

The Academic Advising Center (AAC) guides students on their academic path. We are home to the Morrissey College of Arts & Sciences class deans, the Pre-health Program, the Gateway Program, and the Undergraduate Advising Fellows. The AAC works mainly with MCAS freshmen and transfer students who may need help navigating their academic journey during their first semester or year. We work with students who want to draft a plan for their courses at BC to see what they can fit, to prepare for applying to study abroad and to discern what they enjoy learning and where they perform well.

Students and Faculty/Staff are encouraged to contact the AAC for details regarding advising, appointments, and events. To do so, please access the AAC webpages at www.bcl.edu/aac



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

✉ StudentTitleIX@bc.edu

➡ [Title IX](#)

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 to the Title IX website for specific ways in which you can care for the student and connect them with someone who can provide resources, supports, and options.



CONCERN ABOUT A STUDENT

Concerned About a Student?

Office of the Dean of Students staff work collaboratively with partners across campus to support students through whatever challenges they may be facing. We help students connect with the resources appropriate to their individual needs and consult with staff and faculty who are concerned about a student. You can share concerns with DOS staff via phone: 617-552-3470, email: student.support@bc.edu and/or by completing a student of concern report at bc.edu/report.

Academic Indicators of Concern:

- Repeated absences or assignments / exams
- Significant deterioration in the quality or quantity of work
- Extreme disorganization or erratic performance
- Written or artistic expression of unusual violence, social isolation, despair or confusion, preoccupation with suicide or death
- Overblown or disproportionate response to grades or other evaluations

Behavioral and Emotional Indicators of Concern:

- Personal tragedy or significant personal or family problems
- Severe anxiety or depression
- Expressions of hopelessness or about suicide
- Angry or hostile outbursts or aggressive comments
- Isolation or inability to locate student

Physical Indicators of Concern:

- Self-harm or threat to harm others
- Deterioration of physical condition
- Frequent or chronic illness
- Disorganized speech confusion
- Excessive fatigue or falling asleep in class

When should I refer a student of concern?

- If you are concerned about the welfare of a student, yourself, and/or other students.
- If a student asks for help in dealing with personal issues that are outside the scope of your role as a faculty or staff member.
- If your efforts to manage a concern have not resolved the problem.
- If you have referred the student in the past and there seems to be no improvement or things are getting worse.
- If you are unsure where to refer a student or how to address concerning behavior.

CONCERN ABOUT A STUDENT CONTINUED

Urgent situations may include:

- There are written or verbal statements that mention despair, suicide, or death
- Severe hopelessness, depression, isolation, and withdrawal
- Statements that suggest the student is “going away for a long time”

If a student is exhibiting any of these signs they may pose an immediate danger to self or others. You should stay with the student and contact University Counseling Services at (617) 552-3310. After hours you can access the Psychological Emergency Clinician by calling UCS at 617-552-3310 and pressing option 2.

Emergency situations may include:

- Physical or verbal aggression is directed at self, others, or property
- The student is unresponsive to the external environment; s/he is incoherent, passed out, disconnected from reality/ exhibiting psychosis, or displaying disruptive behavior
- The situation feels threatening or dangerous to you or others
- Imminent threats to safety

If there is an emergency situation, call the BCPD emergency line, 617-552-4444.

Mandatory Reporting Regarding Suicidality for Faculty and Staff:

Suicide is a leading cause of death among 15–35 year olds and is taken very seriously by the Boston College community. If you are concerned about an imminent safety risk, always care for the student first. Please walk the student to University Counseling Services or call BCPD 617-552-4444. In Massachusetts, it is imperative that all staff and faculty address these concerns and then also report these concerns to the Office of the Dean of Students. If you are made aware of or have knowledge of a student’s previous suicide attempt or a student has communicated to you thoughts of or a plan about suicide, you are obligated to first care for the student, connecting them to immediate support if needed, and then notify DOS staff at 617-552-3470 or by completing our online form at bc.edu/outreach. We will discuss the situation with you and proceed with care. If the student is in imminent danger of harm to self or others please call BCPD, 617-552-4444 (emergency line) or 911.

Family Educational Rights and Privacy Act (FERPA):

Although FERPA protects the confidentiality of student records, it allows you to disclose your observations about a student’s behavior, and permits you to disclose any information about a student with other BC employees for a legitimate educational purpose, which includes disclosures made in connection with maintaining the safety of the University, providing a service or benefit to the student, or any task related to the effective functioning of the University. FERPA also permits disclosures in connection with any health or safety emergency if the disclosure is necessary to protect the health or safety of the student or others.

EMPLOYEE WELLBEING

SUPPORT SERVICES

Employee Assistance

Marie Elena Gioiella

Boston College Director, Employee Wellbeing

Human Resources, Boston College

617-552-3340

- Lunch & Learn Well-being Programs
- Meditation and Mindfulness
- Vision Van
- Walk Across Campus

Health & Well-being

KGA, Boston College's Employee Assistance Provider

Confidential Resource

Accessible 24/7 support network

Available to employees and adult household members

- Counseling
- Consultation & Referrals
- Work Life Resources

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 1100+ 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 Kelly Hughes, hugheskn@bc.edu

