



THE ACADEMIES OF ADVISORS PROGRAM

BOSTON UNIVERSITY SCHOOL OF MEDICINE

COUNSELING SERVICES

Marsh Chapel

Charles River Campus

617-353-3560

chapel@bu.edu

Anna Fitzgerald, M.D.

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860 Harrison Avenue

Boston, MA 02118

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Pager code: 0824

(to page, dial 31, then enter pager code # when prompted)

Faculty psychiatrist, **Anna Fitzgerald, M.D.**, is available to all medical students for prompt and confidential consultation and referral for psychological evaluation and counseling. Students who wish to access mental health services may contact Dr. Fitzgerald by leaving her a voice mail message, paging her, or sending her an email.

Advisors can also contact Dr. Fitzgerald if they feel as though one of their advisees is a threat to him/herself or to others. It is important that students know that this service is available to them and is kept confidential. Alternately, students may speak to any of the deans confidentially if they need assistance.

Counseling is also available through The Counseling Center at 19 Deerfield Street (Charles River Campus), 617.353.3540

TOP 10 WAYS TO DE-STRESS AND REFRESH

10. Classical Music
9. Aromatherapy
8. Humor/Laughter
7. Regulate Diet/Nutritional Supplementation
6. Work on Efficiency
5. Meditation
4. Exercise
3. Massage
2. "If it's physical, it's therapy!" ***
1. Build your community



Other Resources:

Student Health Services

881 Commonwealth Avenue, West Entrance; 617.353.3575, 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, 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 assessments 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, 6th floor; 617.353.9610, 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, 5th floor; 617.358.4290, www.bu.edu/psc

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 also 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 impairments. 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; 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.