

Mental Health Counseling Resources

Behavioral Medicine Clinic at Student Health Services

Address: 881 Commonwealth Avenue, Boston MA

Phone#: (617) 353-3569

Website: <http://www.bu.edu/shs>

- Full range of psychiatric, psychological, and medical services
- Services by appointment, Monday-Friday, 9:00am-5:00pm
- 24-hour emergency health care & crisis intervention
- Offers free short-term individual, couples, and marriage counseling services
- Available to full-time students only

Wellness and Prevention Services

Address: 881 Commonwealth Avenue, Boston, MA

Phone#: (617) 353-3575

Website: <http://www.bu.edu/shs/wellness/>

Wellness & Prevention Services at Boston University aims to promote physical and emotional well-being among our students through comprehensive programming, peer health support, connection to resources, sharing accurate and relevant health information, and providing consultation and care for students struggling with substance misuse. Our holistic services are provided to minimize the risk of illness, injury, and harm all while establishing a foundation for students to optimize their capacity to learn, reach their potential, and achieve their goals both inside and outside of the classroom. To access even more wellness information – visit the [Wellness Blog](#) today.

Danielson Institute

Address: 185 Bay State Road, Boston, MA

Phone#: (617) 353-3047

Website: <http://www.bu.edu/danielson>

- Mental health clinic and Pastoral counseling center
- Services include individual, group, and couples therapy and evaluation
- Short- and long-term therapy
- Services by appointment
- Call for sliding fee structure and insurance information
- **Need referral from Student Health Services if using student health insurance**

Center for Anxiety and Related Disorders

Address: 648 Beacon Street

Phone#: (617) 353-9610

Website: <http://www.bu.edu/anxiety>

- Psychological evaluations
- Services include individual and group psychotherapy

- Specialization in anxiety, mood, and eating disorders
- Cognitive-Behavioral treatment
- Call for sliding scale fee structure (does not take insurance)
- Short- and long-term therapy
- Services by appointment

Sexual Assault Response & Prevention Center (SARP)

Address: 930 Commonwealth Avenue, Boston, MA

Phone#: (617) 353-SARP (7277)

Website: <http://www.bu.edu/sarp>

- Provide rapid, confidential, compassionate assistance to students who have experienced a traumatic incident. This includes, but is not limited to, sexual and physical assault and interpersonal violence
- Area of specialization is sexual trauma and rape
- Services include individual counseling, 24 hour crisis intervention, and provision of referrals to community resources as appropriate
- Provide support for friends, family, and others affected by violence or trauma
- Services by appointment
- Services are free-of-charge

Private Referrals

If you are interested in referrals outside of the BU system, contact your private health insurance company to get a listing of their behavioral health providers.

Additionally, don't hesitate to contact your advisor or other faculty members for provider recommendations.