Wellbeing Resources

For Undergraduates

Wellbeing Resources, Continued

Student Accounts and Cashier’s Office
Phone: 713-348-4946
Email: cashier@rice.edu
Website: http://cashier.rice.edu/home
Location: Allen Center, Room 110

Student Activities
Phone: 713-348-4097
Email: sac@rice.edu
Website: http://studentactivities.rice.edu
Location: 2nd Floor, RMC

Student Health Insurance
Phone: 713-348-5544
Email: studentinsurance@rice.edu
Website: http://studenthealthinsurance.rice.edu/
Location: 3rd Floor Cambridge Office Building

Student Judicial Programs
Phone: 713-348-4786
Email: sjp@rice.edu
Website: http://sjp.rice.edu/
Location: 301A, Lovett Hall

Student Success Initiatives
Phone: 713-348-4495
Email: success@rice.edu
Website: https://success.rice.edu
Location: Claisters, RMC

Student Wellbeing Office
Phone: 713-348-3311
Email: wellbeing@rice.edu
Website: http://wellbeingandcounseling.rice.edu
Location: Barbara & David Gibbs Wellness Center

Women’s Resource Center
Email: womenrc@rice.edu
Website: http://women.rice.edu/
Location: 1st floor Ley Student Center

Wellbeing Resources for Undergraduates

Resources in the Community

The following resources are provided as a service to the community and have no affiliation with Rice University.

Baylor Teen Health Clinic
Pregnancy testing, family planning, STD and HIV/AIDS education and screening, primary healthcare, and case management services
1504 Taub Loop, Houston, TX 77030 (0.8 miles from Rice)
713-873-3601
https://www.bcm.edu/healthcare/care-centers/teen-health-clinic

Crisis Intervention of Houston
24/7 hotline answered by trained suicide prevention therapists
713-468-5463 (24/7)

Houston Area Women’s Center
24/7 hotline, advocacy, counseling, education, shelter and support services to end domestic and sexual violence
713-528-7273 (24/7)
1010 Waugh Drive, Houston, TX 77019 (3.4 miles from Rice)
https://hawc.org/

Houston Galveston Institute
No cost counseling services to address wellbeing & mental health concerns
2990 Richmond Ave., Ste. 530, Houston, TX 77006 (3 miles from Rice)
713-526-8390
http://www.talkhgi.org/

Legacy Community Health - Montrose Clinic
Services include physical and mental health assessment, medication management, therapy, and psychological testing
1415 California St, Houston, TX 77006 (2.3 miles from Rice)
832-548-5100
https://www.legacycommunityhealth.org/region/montrose/

The Council on Recovery
Counseling and outpatient recovery services for individuals impacted by alcoholism, drug addiction, and co-occurring mental health disorders
303 Jackson Hill St #1, Houston, TX 77007 (4.1 miles from Rice)
713-942-4100
http://www.councilonrecovery.org/

The Montrose Center
Offers LGBTQ resources, counseling, education programs, anti-violence services and support
401 Branard St., Houston, TX 77006 (2.5 miles from Rice)
713-529-0037 (24/7)
http://www.montrosecenter.org/

Wellbeing and Counseling Center:
(713) 348-3311 (24/7)

If help is needed, contact:

RUPD/Rice EMS:
(713) 348-6000 (24/7)

If it’s urgent but not life-threatening

In an emergency, call RUPD immediately
1. Share Your Concerns
   Focus on being nonjudgmental, compassionate, and empathetic.
   Use “I” (instead of “you”) phrases to get the conversation started:
   - “I’ve noticed you’re [sleeping more, eating less, etc.]...”
   - “I feel like you’re [stressed out, angry, etc.]. Is everything okay?”

2. Offer Support
   Ask the person what you can do to help. You can suggest specific things that may help, like:
   - “How can I best support you right now? Is there something I can do, or can we involve others who can help?”
   - “Is there any information or resources I can find for you?”
   - “Can I help you locate mental health services and supports? Can I help you make an appointment?”

3. Take Action
   Tell someone you trust (consult with resources). Talk to the student by saying:
   “I’m very concerned about you. I’ll reach out to the Wellbeing and Counseling Center and connect you with additional support. They will reach out to you soon. Does that sound like a good plan?”

WELLBEING RESOURCES FOR UNDERGRADUATE STUDENTS

Center for Academic and Professional Communication
Phone: 713-348-4932
Website: http://pwc.rice.edu/center-academic-and-professional-communication
Location: 2nd Floor mezzanine of Fondren Library

Center for Career Development
Phone: 713-348-4055
Email: ccd@rice.edu
Website: http://ccd.rice.edu
Location: Huff House

Disability Resource Center
Phone: 713-348-5841
Email: adarice@rice.edu
Website: http://drc.rice.edu/
Location: Allen Center, Room 111

Health Services
**Title IX confidential employee**
Phone: 713-348-4966
Email: hlsv@rice.edu
Website: http://health.rice.edu
Location: Rich Student Health Center, next to Brown Magister’s House

Housing and Dining
RGA Phone: 713-348-4723
RVA Phone: 713-348-4050
Website: http://campushousing.rice.edu/graduate-housing/

Office of Academic Advising
Phone: 713-348-4060
Email: aadv@rice.edu
Website: http://oaa.rice.edu/
Location: 1st floor of Ley Student Center (Suite 132)
*Within the colleges: Peer Academic Advisors

Office of the Dean of Undergraduates
Phone: 713-348-4996
Email: ugdean@rice.edu
Website: https://dou.rice.edu
Location: Lovett Hall, Entrance A, Suite 101