Wellbeing and Counseling Center:
(713) 348-3311 (24/7)
If it’s urgent but not life-threatening

**IN AN EMERGENCY, CALL RUPD IMMEDIATELY**

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

**STEPS TO GUIDE SOMEONE TO GETTING HELP:**

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 GRADUATE STUDENTS:

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

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

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

- **Office of Financial Aid**
  Phone: 713-348-4958
  Email: fina@rice.edu
  Website: [http://financialaid.rice.edu/](http://financialaid.rice.edu/)
  Location: 1st Floor of Allen Center

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

- **Office of Sexual Violence Prevention and Title IX Support**
  Phone: 713-34-3311
  Website: [http://safe.rice.edu](http://safe.rice.edu)
  Location: Barbara & David Gibbs Wellness Center

- **Program in Writing and Communication**
  Phone: 713-348-2929
  Website: [http://pwc.rice.edu/](http://pwc.rice.edu/)
  Location: Herring Hall, Room 129

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

- **Multicultural Affairs**
  Phone: 713-348-5124
  Email: mino@rice.edu
  Website: [http://oma.rice.edu/](http://oma.rice.edu/)
  Location: Cloisters, RMC

- **Office of Graduate and Postdoctoral Studies**
  Phone: 713-348-4002
  Email: graduate@rice.edu
  Website: [http://graduate.rice.edu/](http://graduate.rice.edu/)
  Location: Allen Center, Room 323

- **Office of International Students & Scholars**
  Phone: 713-348-6095
  Email: oiss@rice.edu
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: sact@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: 301 A, Lovett Hall

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

Rice Counseling Center
**Title IX confidential employee**
Phone: 713-348-3311 (24/7)
Website: http://wellbeingandcounseling.rice.edu
Primary Location: Barbara and David Gibbs Wellness Center
Satellite Location: Morton L. Rich Health Services Center

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

Rice University Police and EMS
*Available 24/7 for assistance*
Phone: 713-348-6000
Website: http://www.rupd.rice.edu/
Location: RUPD building, near entrance #8

Graduate Wellbeing Peers
Website: https://gsa.rice.edu/graduate-wellbeing-peers/

Rice University Ethics Line
(Anonymous Reporting)
Phone: 1-866-294-4633 (toll free)
Website: www.rice.edu/ethics