

WELLBEING RESOURCES, CONTINUED

SAFE Office: Interpersonal Misconduct Prevention and Support

Phone: 713-34-3311

Website: <http://safe.rice.edu>

Location: Rich Student Health Center

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

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

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 77098 (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 RESOURCES FOR GRADUATE STUDENTS

IF HELP IS NEEDED, CONTACT:

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)**



wellbeing & counseling center
wellbeing advising, counseling, title ix support.

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 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

Graduate Wellbeing Peers

Website: <https://gsa.rice.edu/graduate-wellbeing-peers/>

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/>

Multicultural Affairs

Phone: 713-348-5124

Email: mino@rice.edu

Website: <http://oma.rice.edu/>

Location: Cloisters, RMC

Office of Financial Aid

Phone: 713-348-4958

Email: finad@rice.edu

Website: <http://financialaid.rice.edu/>

Location: 1st Floor of Allen Center

General financial guidance: <http://www.cashcourse.org/riceuniversity/>

Office of Graduate and Postdoctoral Studies

Phone: 713-348-4002

Email: graduate@rice.edu

Website: <http://graduate.rice.edu/>

Location: Allen Center, Room 323

Office of International Students & Scholars

Phone: 713-348-6095

Email: oiss@rice.edu

Website: <http://oiss.rice.edu/>

Location: 201A, Lovett Hall

Program in Writing and Communication

Phone: 713-348-2929

Website: <http://pwc.rice.edu/>

Location: Herring Hall, Room 129

Rice Counseling Center

****Title IX confidential employee****

Phone: 713-348-3311 (24/7)

Website: <http://wellbeingandcounseling.rice.edu>

Location: Barbara and David Gibbs Wellness Center

Rice University Ethics Line (Anonymous Reporting)

Phone: 1-866-294-4633 (toll free)

Website: www.rice.edu/ethics

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