

木禾心理

校园资讯资源整合

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简介

咨询中心名称: Boston College University Counseling Service

地址: Gasson Hall 001 617-552-3310

校园资讯中心官方网站: <https://www.bc.edu/bc-web/offices/student-affairs/sites/counseling.html>

收费: 全职学生可以免费参与UCS的校内所有服务【学校自己的心理咨询师】, part-time学生可以得到部分服务包含consultation, evaluation, and referral【不包含心理咨询】. 如果, 全职学生见的是校外的心理咨询时候, 则需要参考自己买的保险包含的therapist list.

工作时间: Mon-Fri 8:45 a.m.-4:45 p.m.

联系电话: 617-552-3310

● Key Programs and Services (主要项目)

- **Individual and Group Psychotherapy 【个人与团队咨询】**
 - Staff clinicians conduct initial evaluations and provide students with short-term psychological counseling. Students who require more intensive or specialized care may be referred to other mental health services in the area.
- **Same-Day Consultation 【当日咨询】**
 - These first-come, first-served appointments with a clinician are made available every day to students seeking an urgent meeting designed to help clarify goals and problem solve a specific concern. Students typically leave with a set of next steps to address the key problem.

● Key Programs and Services (主要项目)

- **Individual and Group Psychotherapy 【个人与团队咨询】**

- 工作人员/临床医生进行初步评估，并为学生提供短期心理咨询。需要更深入或专门护理的学生可以被转介到该地区的其他心理健康服务机构。

- **Same-Day Consultation 【当日咨询】**

- 这些先到先得的临床医生预约每天都提供给寻求紧急会议的学生，以帮助澄清目标和解决具体问题。学生在离开时通常会有一套解决关键问题的后续步骤。

● Key Programs and Services (主要项目)

● Psychiatric Services 【咨询师推荐】

- Counseling Services clinicians may refer students to our on-staff psychiatrists for treatment. Students seeking only medication are referred to other psychiatrists in the community.

● Online Resources 【网上资源】

- WellTrack and other on-line resources are available on our website to help students address distress and emotional wellbeing at any time and any location of their convenience.

● Consultation 【建议提供】

- University Counseling Services clinicians advise and assist members of the Boston College community who have concerns about the psychological well-being of others, such as friends, roommates, and teammates.

● Key Programs and Services (主要项目)

● Psychiatric Services 【咨询师推荐】

- 咨询服务部的临床医生可以将学生转介给我们的在编精神病医生进行治疗。只寻求药物治疗的学生会被转介到社区的其他精神科医生那里。

● Online Resources 【网上资源】

- 我们的网站上有WellTrack和其他在线资源，以帮助学生在他们方便的任何时间和任何地点解决困扰和情绪健康。

● Consultation 【建议提供】

- 大学咨询服务部的临床医生为那些对他人，如朋友、室友和队友的心理健康有担忧的波士顿学院社区成员提供建议和帮助。

● Key Programs and Services (主要项目)

● Outreach and Training 【训练项目】

- Along with other University departments, we educate students, faculty, and administrators on the mental health and development issues that commonly affect young people during their college years.

● Psychological Emergencies 【紧急情况】

- The Psychological Emergency Clinician (PEC) is available 24/7. During office hours, come to Gasson 001 and ask to speak with the PEC. If outside regular office hours, call 617-552-3310 and you will be directed on how to reach the PEC.

● Key Programs and Services (主要项目)

● Outreach and Training 【训练项目】

- 与大学其他部门一起，我们对学生、教师和管理人员进行教育，使他们了解在大学期间普遍影响年轻人的心理健康和发展问题。

● Psychological Emergencies 【紧急情况】

- 心理急救医生（PEC）全天候服务。在办公时间内，请到Gasson 001，要求与PEC交谈。如果在正常办公时间以外，请致电617-552-3310，我们将指导您如何联系PEC。

● LGBTQ+ Support (LGBTQ+项目)

● LGBTQ+ Programs and Support LGBTQ+ Programs and Support 【项目概览】

- if you think you are at risk of harming yourself or others please immediately call University Counseling Services at 617-552-3310, during regular working hours. If after hours please contact University Health Services 617-552-3225 and ask to speak with the PEC. More information can be found at the UCS website.

● Other LGBTQ- specific crisis hotlines are : 【热线】

- The Trevor Project: 886-448-738
- The Gay, Lesbian, Bisexual and Transgender National Hotline: 888-843-4564
- Trans Lifeline: (877) 565-8860

● LGBTQ+ Support (LGBTQ+项目)

● LGBTQ+ Programs and Support LGBTQ+ Programs and Support 【项目概览】

- 如果你认为你有伤害自己或他人的危险，请在正常工作时间内立即致电大学咨询服务部，电话是617-552-3310。如果在下班后，请联系大学健康服务部617-552-3225，并要求与PEC交谈。更多信息可以在UCS网站上找到。

● Other LGBTQ- specific crisis hotlines are : 【热线】

- The Trevor Project: 886-448-738
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● LGBTQ+ Support (LGBTQ+项目)

● If you are not in crisis: 【非紧急情况】

- The professional and graduate students staff in Student Outreach and Support Services are here to help. You do not have to be sure that you are part of the LGBTQ+ community to reach out for support and we support students with more than just aspects of their sexuality or gender identity. We routinely work with students who are exploring or questioning their identities and also with LGBTQ+ students who need support in other areas of their lives. You can call us 617-552-3470, email: student.support@bc.edu, or email any of our staff directly.
- you can also join us at our weekly discussion group, Prism.
- If you feel that you have been subject to a violation of the University's "bias-motivated conduct policy." please also see information from the Office of Student Conduct regarding reporting any allegations of misconduct.

● LGBTQ+ Support (LGBTQ+项目)

● If you are not in crisis: 【非紧急情况】

- 学生外联和支持服务部的专业人员和研究生工作人员在这里提供帮助。你不必确定你是LGBTQ+社区的一部分来寻求支持，我们支持的学生不仅仅是他们的性行为或性别认同方面的问题。我们经常与正在探索或质疑自己身份的学生合作，也与在生活的其他方面需要支持的LGBTQ+学生合作。你可以打电话给我们617-552-3470，电子邮件：student.support@bc.edu，或直接给我们的任何工作人员发电子邮件。
- 你也可以加入我们的每周讨论小组-- Prism
- 如果你觉得你受到了违反大学 "偏见动机行为政策 "的行为。请同时参阅学生行为办公室关于报告任何不当行为指控的信息。

● Bowman AHANA and Intercultural Center 【AHANA】

- The Thea Bowman AHANA and Intercultural Center supports the undergraduate community—with a particular focus on AHANA (people of African, Hispanic, Asian, and Native American descent), multicultural, multiracial, and OTE students—in navigating college life and fulfilling their potential.
- promote equity: provide counseling and tuition remission programs to ensure all students have equal access to the full college experience. [more detailed information please see: <https://www.bc.edu/content/bc-web/offices/student-affairs/sites/ahana/programs-services/promote-equity.html>]
 - college counseling
 - nursing outreach
 - options through education (OTE)
 - study abroad summer tuition remission
 - summer tuition remission

● Bowman AHANA and Intercultural Center 【AHANA】

- AHANA 跨文化中心支持本科生社区--特别关注AHANA（非洲裔、西班牙裔、亚裔和美洲原住民）、多元文化、多种族和OTE学生--引导大学生生活并发挥他们的潜力。
- 促进公平：提供咨询和学费减免计划，以确保所有学生有平等机会获得完整的大学体验。[更详细的信息请见：<https://www.bc.edu/content/bc-web/offices/student-affairs/sites/ahana/programs-services/promote-equity.html>]
 - college counseling [大学咨询]
 - nursing outreach [护理拓展]
 - options through education (OTE) [通过教育实现选择]
 - study abroad summer tuition remission [出国留学暑期学费减免]
 - summer tuition remission [暑期学费减免]

- **Sexual Assault Network (SANet)**
【性侵犯支持】

- The mission of the Boston College Sexual Assault Network (SANet) is to support those who have been directly or indirectly affected by sexual violence and/or intimate partner violence.
- SANet Hotline Team: **617-552-2211**
- SANet CARE Team: **617-552-8099**

- **Sexual Assault Network (SANet)**
【性侵犯支持】

- 波士顿学院性侵犯支持（SANet）的使命是支持那些直接或间接受到性暴力和/或亲密伴侣暴力影响的人。
- SANet Hotline Team: **617-552-2211**
- SANet CARE Team: **617-552-8099**

● Sexual Assault Network (SANet)

【性侵犯支持】

- SANet can provide you with information about each of the below options and walk you through how to access each resource if you so choose. SANet empowers callers to make the decision about how to proceed, and our advocates will support every decision you make. If you would like to meet in person, SANet CARE Team members are available for walk-ins weekdays from 3:00-4:00 p.m. in Maloney 441 or by appointment. For 24/7 support during the academic year, you may contact SANet's Hotline Team at 617-552-2211.
 - support for friends and family
 - support for Professionals
 - Available Resources:https://www.bc.edu/content/bc-web/offices/student-affairs/sites/womens-center/programs/sexual-assault-network/find-support.html#tab-available_resources
 - heal support group
- understand your options: <https://www.bc.edu/content/bc-web/offices/student-affairs/sites/womens-center/programs/sexual-assault-network/understanding-your-options.html>

● Sexual Assault Network (SANet)

【性侵犯支持】

- SANet可以为你提供关于以下每一种选择的信息，并指导你如何获得每一种资源。SANet授权呼叫者决定如何进行，我们的倡导者将支持你的每一个决定。如果你想亲自见面，SANet关怀小组成员可以在工作日下午3:00-4:00在Maloneey 441接待你，或者通过预约。在学年期间，如果需要全天候的支持，你可以联系SANet的热线团队，电话是617-552-2211。
 - support for friends and family [对朋友和家庭的支持]
 - support for Professionals [对专业人员的支持]
 - Available Resources:https://www.bc.edu/content/bc-web/offices/student-affairs/sites/womens-center/programs/sexual-assault-network/find-support.html#tab-available_resources [更多信息参考此网站]
 - heal support group [医疗支持小组]
- understand your options: [详细了解更多选择]<https://www.bc.edu/content/bc-web/offices/student-affairs/sites/womens-center/programs/sexual-assault-network/understanding-your-options.html>