



RESOURCES

Health, Mental Health & Wellbeing

Crisis & Immediate Support

Academic Support & Learning Resources

Care, Advocacy & Student Support

Career & Campus Engagement

Financial Support & Student Accounts

University Counseling Center (UCC): Mental health counseling, psychiatry, & group therapy 585-275-3113 3 rd floor UHS building https://www.rochester.edu/uhs/ucc/	211-Lifeline: Crisis helpline / resources Call 211 or 1-877-356-9211 https://211lifeline.org/	Basic Needs Hub : provide short-term, temporary financial assistance https://www.rochester.edu/students/support/
University Health Service (UHS): Medical care / health services 585-275-2662 1 st Floor UHS building https://www.rochester.edu/uhs/	Disability Resources: Academic & residential accommodations / support disability@rochester.edu 585-276-5075 Taylor Hall https://www.rochester.edu/college/disability/	Wilson Commons Student Activities (WCSA/CCC): Student clubs & activities wcsa@rochester.edu 585-275-9390 201 Wilson Commons https://rochester.edu/college/wcsa/
Health Promotion Office: Wellness & prevention programs https://www.rochester.edu/uhs/healthpromotion/	The Learning Center: Tutoring, workshops, study/academic support learning@rochester.edu 585-275-9049 1-154 Dewey Hall https://www.rochester.edu/college/learningcenter/	Gwen M. Greene Center for Career Education and Connections: Career guidance / internships career.center@rochester.edu 585-275-2366 4-200 Dewey Hall https://careereducation.rochester.edu/
Thriving Campus: Mental health & well-being resources https://rochester.thrivingcampus.com/	Center for Advising Services (CAS): Academic advising cascas@ur.rochester.edu 585-275-2354 312 Lattimore Hall http://www.rochester.edu/college/ccas/	Student Employment Office Job opportunities & support seo@rochester.edu 585-275-1146 https://www.rochester.edu/student-employment
Interfaith Chapel: Spiritual support / religious services urinterfaithchapel@rochester.edu 585-585-275-4321 1045 Wilson Blvd. https://www.rochester.edu/chapel/	Writing, Speaking, & Argument Program (WSAP): Writing & communication help wsap@ur.rochester.edu 585-273-3584 Rush Rhees Library, G-122 https://writing.rochester.edu/	Financial Aid finaid@rochester.edu 585-275-3226 Wallis Hall https://www.rochester.edu/financial-aid/
Crisis Text Line Text the word HOME to 741-741 to begin. https://www.crisistextline.org/	Office of Mentoring & Student Advocacy (OMSA) Mentoring & advocacy support Omsa@ur.rochester.edu (585) 275-0651 Dewey Hall 2-161 https://www.rochester.edu/college/omsa/	Bursar's Office: Tuition / billing / payments bursar@admin.rochester.edu 585-275-3931 https://www.rochester.edu/adminfinance/bursar/
 TelUs Health Student Support 24/7 confidential mental health support Phone, chat, video, or in-person counseling TELUS Health	Food Pantry 105 Wilson Commons Hours: Mon, Tue, Thu, Sun 3–7 PM Preorder a bag or visit in person with your student ID https://www.rochester.edu/student-affairs/food-pantry/	Residential Life & Housing Services housing@reslife.rochester.edu (585) 275-3166 https://www.rochester.edu/reslife/