

# Help At Harvard

## EMPOWERING YOU

"Help at Harvard" is not intended to be a complete guide to campus resources. For comprehensive listings and information, please visit the Empowering You website at:

[www.college.harvard.edu/empoweringyou](http://www.college.harvard.edu/empoweringyou)

The Empowering You website is a companion to the Guidebook and video "Empowering You: Be Well, Be Safe, Be Part of Your Community." It is designed to guide you in making choices about your wellness, your safety, and the ways you can become more involved in the Harvard community.

## EMERGENCIES

**HARVARD POLICE (HUPD).....495-1212**  
Business Line.....495-1215  
STOP-A-CRIME Hotline.....496-2700  
Call to report a crime anonymously.

**MEDICAL and PSYCHIATRIC EMERGENCIES.....495-5711**  
Proceed immediately to Harvard University Health Services (HUHS) in Holyoke Center using the basement entrance after regular hours, or call HUPD to request a medical transport.

**CAMBRIDGE POLICE, FIRE, and MEDICAL EMERGENCIES.....9-911**  
Cambridge police handle complaints that occur on Cambridge streets and other areas that are not Harvard property.

## COUNSELING

**BUREAU OF STUDY COUNSEL (BSC)....495-2581**  
Counseling and learning resource center offering assistance with cognitive, emotional, intellectual, and social-interpersonal issues. Call or stop by 5 Linden St. to make an appointment.

**HUHS MENTAL HEALTH SERVICE.....495-2042 after hours.....495-5711**  
Confidential consultation, psychotherapy and referrals.

**ROOM 13.....495-4969**  
Offers counseling on relationships, family problems, roommate difficulties, and other concerns. Counselors answer calls and offer drop-in counseling in Thayers basement Room 40, 41, 42 7pm - 7am, 7 days a week.  
[www.hcs.harvard.edu/~room13/](http://www.hcs.harvard.edu/~room13/)

**LIFE RAFT.....495-2042**  
Life Raft is a resource for those facing life-threatening illness or death - for themselves, their families or friends. Confidential meetings are on Wednesdays, 12 - 2pm in the United Ministries Conference Room on the ground floor of Memorial Church (contact: Barbara Gilmore, Coordinator).

**THE UNITED MINISTRY.....495-5529**  
The United Ministry is Harvard University's inter-faith coalition of chaplains who provide counsel on spiritual and personal issues. The office is located in the Memorial Church.  
[www.ministry.harvard.edu](http://www.ministry.harvard.edu)

**ECHO.....495-8200**  
Eating Concerns Hotline and Outreach offers phone counseling from 8pm - 8am every night, and has drop-in hours in Quincy F-entry basement Sunday - Wednesday, 8pm - 11pm.  
[www.hcs.harvard.edu/~echo/](http://www.hcs.harvard.edu/~echo/)

**ACCESSIBLE EDUCATION OFFICE.....496-8707**  
Counsels students with physical and/or learning disabilities, where those disabilities may impact their College experience.

### BGLT RESOURCES

#### FACULTY & ADMINISTRATIVE LIAISONS FOR BGLT CONCERNS

Diana Eck, Professor of Comparative Religion & Indian Studies; 493-1600, [dianaeck@fas](mailto:dianaeck@fas)

Warren Goldfarb, Professor of Philosophy; 495-9512, [goldfarb@fas](mailto:goldfarb@fas)

Susan Marine, Director of Harvard College Women's Center, 495-4292, [susan\\_marine@harvard.edu](mailto:susan_marine@harvard.edu)

Paul McLoughlin, Assistant Dean of Harvard College; 495-1558, [paul\\_mcloughlin@harvard.edu](mailto:paul_mcloughlin@harvard.edu)

Robyn Ochs, Technology and Publications Specialist, Department of Romance Languages & Literatures; 495-8476, [robyn\\_ochs@post.harvard.edu](mailto:robyn_ochs@post.harvard.edu)

**CONTACT.....495-8111**  
Provides peer counseling for issues related to sexual orientation, sex, and relationships. Hotline and drop-in center are in Thayer basement Room 16, 17, open Thursday, Friday & Sunday, 8pm - 1am.  
[www.digitas.harvard.edu/~contact](http://www.digitas.harvard.edu/~contact)

**BGLTS ADVISORS**  
BGLTS (Bisexual, Gay Lesbian, Transgendered, and Supporters) Advisors in the Yard and Houses are available to speak with students about their concerns and Harvard's policies and resources. They are listed on the *Empowering You* website.

### COMMUNITY RESOURCES

**Samaritan Suicide Hotline.....617-247-0220**  
24 hours, anonymous

## DRUGS & ALCOHOL

**OFFICE OF ALCOHOL & OTHER DRUG SERVICES (AODS).....496-0133**  
Provides a wide range of programs and services that seek to meet the needs of the Harvard community through prevention, education, intervention, individual consultations, policy development, and treatment. Questions? Stop by our office at 7 Linden Street or call to make an appointment.

### CONFIDENTIAL GROUP SPONSORED BY HUHS & BSC

- **HUHS Mental Health.....495-2042**
- **Bureau of Study Counsel.....495-2581**

Available for undergraduates to assess patterns of use and problems with alcohol and other drugs.

### COMMUNITY RESOURCES

- **Drug & Alcohol Hotline.....800-327-5050**  
Counseling referrals for treatment in Cambridge.
- **Alcoholics Anonymous.....617-426-9444**
- **Al-Anon.....508-366-0556**  
Support for friends and family of alcohol abusers.
- **Narcotics Anonymous.....866-624-3578**  
Offers support groups.

## HEALTH

**CENTER FOR WELLNESS AND HEALTH COMMUNICATION.....495-9629**  
A resource for a wide array of health issues, including personalized, one-on-one health screenings and education. Open weekdays, 9am - 5pm.  
**Nurse on Call M-F, 9am-5pm.....998-HUHS**

**PEER CONTRACEPTIVE COUNSELORS.....495-7561**  
Provide info and counseling on issues of contraception, sexuality, relationships, pregnancy, abortion, and sexually transmitted disease. HUHS, fifth floor. Calls or drop-ins daily, 7pm - midnight.  
[www.hcs.harvard.edu/~pcc](http://www.hcs.harvard.edu/~pcc)

### HIV / AIDS RESOURCES

**ANONYMOUS HIV TESTING & COUNSELING information.....495-2139 appointments.....495-2139**  
Available in the HUHS Surgical Specialties Dept. You will not be required to give any identifying information. \$10 student fee for anonymous HIV antibody testing; however, no one will be turned away due to inability to pay.

**HARVARD COLLEGE WOMEN'S CENTER information.....495-4292**  
Dedicated to providing programs and events related to women's issues, visibility and leadership, and to providing space, support for and promotion of student events and program. Canaday Hall Basement B entry

## SEXUAL HARASSMENT, SEXUAL ASSAULT AND RAPE

If you have been assaulted, please seek medical attention at HUHS or Beth Israel Hospital as soon as possible.

**OFFICE OF SEXUAL ASSAULT PREVENTION AND RESPONSE.....495-9100**  
Provides confidential, 24-hour assistance and support for students who have experienced sexual assault, harassment or relationship abuse. The office provides options and information - you make the choice about what you want to do next.

**HUPD SENSITIVE CRIME UNIT.....495-1796 after hours.....495-1212**  
Sensitive Crime officers respond in a confidential and supportive manner. When you call after hours, ask for a "Sensitive Crime officer" to respond to your call. You may also request a female officer at any time. You can report confidentially.

**RESPONSE.....495-9600**  
Staffed by women who counsel rape, date rape, incest, abuse, and sexual harassment victims. Open Sunday - Thursday, 9pm - midnight in Lowell House basement (E-013). Calls are answered daily from 9pm - 7am.

**WOMEN'S SELF DEFENSE.....495-1795 x2**  
HUPD runs Rape Aggression Defense (RAD) classes throughout the year. Free for undergraduates.

**JUDY FOX.....495-4348**  
Assistant Dean of the College and Sexual Harassment Hearing Officer. Offers administrative assistance in understanding and overcoming consequences of sexual harassment.

### SEXUAL ASSAULT / SEXUAL HARASSMENT (SASH) ADVISORS

Tutors and proctors in each House and Yard who offer advice and info on College policies.

#### IN THE YARD

Crimson Yard (Grays, Greenough, Hurlbut, Pennypacker & Wigglesworth)  
email.....[crimson-sash@fas](mailto:crimson-sash@fas)  
Elm Yard (Canady, Matthews & Weld)  
email.....[elm-sash@fas](mailto:elm-sash@fas)  
Ivy Yard (Apley, Hollis, Holworthy, Lionel, Massachusetts, Mower, Stoughton, Straus & Thayer)  
email.....[ivy-sash@fas](mailto:ivy-sash@fas)

#### IN THE HOUSES

[house]-sash@fas (i.e. [adams-sash@fas](mailto:adams-sash@fas))

**BETH ISRAEL HOSPITAL main number.....617-667-7000**  
To get to Beth Israel via public transportation, take the Green Line (Longwood) or bus #47, CT2 or CT3. Medical treatment for sexual assault survivors is available and includes evidence collection and emergency contraception.

**MAUREEN REZENDES.....495-2076 after hours.....495-5711**  
HUHS psychologist. Counsels survivors of rape and sexual assault. Confidential counseling by mental health clinicians at HUHS Mental Health.

**SUZANNE RENNA.....495-2581**  
Licensed Mental Health Counselor at the Bureau of Study Counsel. She and other counselors are available to provide confidential support.

**MIDDLESEX COUNTY DISTRICT ATTORNEY.....617-591-7740**  
The Victim Witness Advocate at the District Attorney's Office. Available to discuss options for prosecution of sexual assault and rape.

**BOSTON AREA RAPE CRISIS CENTER.....617-492-RAPE (7273)**  
Phones are open 24 hours.

## TRANSPORTATION

Travel in groups whenever possible, particularly at night. The following services are free of charge to the Harvard Community.

**HARVARD UNIVERSITY CAMPUS ESCORT PROGRAM (HUCEP).....384-8237**  
HUPD-trained HUCEP teams are made up of two undergraduate and/or graduate students, identified by brightly colored HUCEP vests. Teams provide walking escorts 7 nights a week during the academic year. Hours are 10:30pm - 2am Sunday - Wednesday, and 10:30pm - 3am Thursday - Saturday.  
[www.hupd.harvard.edu/prevention\\_hucep.php](http://www.hupd.harvard.edu/prevention_hucep.php)

**TRANSPORTATION SERVICES.....495-0400**  
Schedules: [www.shuttletime.harvard.edu/](http://www.shuttletime.harvard.edu/)

- **SHUTTLE BUS SERVICE**  
Until 4am Monday - Friday: and until 5am Saturday and Sunday.

- **EVENING VAN SERVICE**  
Daily from 7pm - 3am (call to request pickup; last call taken at 2:30am).

- **ACCESSIBLE VAN SERVICE**  
Intended for persons who - because of mobility impairment or medical condition - find it difficult or impossible to use the shuttle bus. Riders must be authorized in advance by the Accessible Education Office, 496-8707.

For corrections or additions to this poster, please contact the Department of Behavioral Health and Academic Counseling; 496-0134