

# Did You Know?

Syracuse University offers many services to support your mental health and well-being

## Barnes Center at the Arch

*As the hub for student wellness, the Barnes Center at the Arch features programs, services, and offerings that promote holistic health and well-being, all in one accessible, centralized space on campus.*

Some of their many services:

- [Be Mindful](#) (offering [meditation](#), [pet therapy](#), [yoga](#), and more)
- [Counseling](#) (providing individual and group therapy options)
- [Gender Services](#) (offering support for students who are transgender, those questioning their gender identity, and those considering gender transition)
- [Sexual and Relationship Violence](#) (serving students seeking support, advocacy, and discussion of reporting options for sexual assault, relationship violence, stalking, and harassment)

Do you have questions? Would you like to schedule a counseling appointment? **For 24-hour support, please call 315-443-8000.** Access the [Wellness Portal](#) to sign up for workshops and activities.

## Hendricks Chapel

*As the heart of Syracuse University, Hendricks Chapel leads in service to our common good as a student-centered global home for religious, spiritual, moral, and ethical life.*

- [Grief Resources](#) (providing grief support for those experiencing loss)
- [Meditation and Stress Reduction](#) (offering meditation and destress sessions)
- [Spiritual Life](#) (offering appointments with [chaplains](#) and more)

## Dean of Students

*The Dean of Students Office helps students no matter the issue or challenge they are facing. Serving as the hub for holistic and integrated student support, the Dean of Students Office is also a great resource if you are not sure where to start with a question or concern.*

## University Ombuds

*The Office of the University Ombuds provides faculty, staff, and graduate students with an informal, confidential, neutral, and independent resource to address concerns or questions openly without fear of retaliation or judgment.*

## Accessibility and Diversity

*Syracuse University believes that everyone should be treated with dignity and respect.*

Visit this [page](#) to learn about [Accessible Syracuse](#), the [LGBT Resource Center](#), the [Center for International Services](#), [Multicultural Affairs](#), [STOP Bias](#), and more.

