

Graduate Student Wellness

The faculty of the Anthropology Department is committed to making our graduate program not only one of the best in the nation, but also one where student success does not come at the expense of their wellness—physical, mental, or emotional. Wellness matters to all of us. As a department we believe that it is important for everyone to achieve optimal wellness in order to subdue stress and anxiety, reduce the risk of illness, and ensure positive interactions. Notre Dame offers a variety of wellness resources for students, listed below:

Students can contact the [University Counseling Center](#) on the 3rd floor of St. Liam's Hall

(<https://ucc.nd.edu> phone: 574-631-7336, after hours: 574-631-7336) for support with emotional and mental health concerns.

For wellness and prevention, the [McDonald Center for Student Well-Being](#) (<https://mcwell.nd.edu/>) provides workshops, wellness assessment, Koru mindfulness classes, sleep and stress support, restorative spaces, etc. It is located on the 2nd floor of St. Liam's, 574-631-7970.

The University also provides [Care Consultants](#) (case managers) who can help students navigate issues and connect to the necessary resources (e.g. if a student would like to take a leave of absence or is overwhelmed with stress). The Care Consultant for graduate students is Sarah Priebe (574-631-2491, spriebe1@nd.edu, <https://care.nd.edu/>)

Sara Bea Disability Services coordinates the process by which qualified students with disabilities can request and receive reasonable accommodations (<https://sarabeadisabilityservices.nd.edu/> 574-631-7157).