

RISD



Countdown #4: Health and Well-being

Learning through making requires intense focus and a high level of creative energy, so it's extra important to balance studio work with ways to recharge physically, emotionally, and psychologically. RISD offers a range of **helpful outlets and resources** to help you thrive and feel grounded. If you have questions about anything you see here, we're happy to answer at welcome@risd.edu.

Health Services

RISD's Health Center is your first line of defense for confidential, quality health care, whether you've got a minor bug or injury or are concerned with a more serious health problem. They are your on-campus urgi-care center.

Counseling and Psychological Services

Counseling and Psychological Services (CAPS) is here to help you understand and work through your mental health needs through confidential, personalized treatment and support through our services.

Accommodations

Disability Support Services (DSS)

In addition to providing accommodations for students with documented disabilities, Disability Support Services (DSS) offers time management coaching open to all students. In these sessions, we'll work with you to create a scheduling system that works for you and your brain to increase productivity, efficiency, and balance. For more information, email

disabilitysupportservices@risd.edu.

Dining & Dietary Needs

RISD Dining works with students on special menus related to health conditions, such as food allergies and intolerances, as well as for students who require a special diet in accordance with religious practices (i.e. Kosher or Halal). Students can contact Maureen Young, Marketing & Menu Management Associate, at myoung01@risd.edu about individual needs.

Other resources + ways to connect

Clubs and Teams

The Center for Student Involvement (CSI) offers many opportunities to meet others who share interests, including over athletics—whether you're into soccer, hockey, hiking, yoga, basketball, cycling, or fencing, we have the club for you. Students are free to start their own club, too—learn more at involved.risd.edu.

Catanzaro Student Fitness Center + Brown University's Nelson Fitness Center

Get active at RISD's gym or Brown's fitness center.



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