Welcome to Belmont!

Whether you have just completed undergrad or are a mid-level professional returning to deepen your skills, we know the graduate student experience is unique and comes with its own challenges and opportunities. We hope all our students experience wellness in every area of their lives, so we want to make sure you know what to expect about specific resources available to you as a graduate student. Know that we are here to support and encourage you however we can!

SPIRITUAL WELLNESS

Christian Community—Are you interested in finding or starting a small group on campus? Are you new to Nashville and need help finding a local church? Contact Josh TenHaken-Riedel at josh.tenhakenriedel@belmont.edu for more information on getting connected to Christian community.

Service—We have many opportunities for service here at Belmont—from here in Nashville, to across the United States and even all over the world. Loving our neighbor is at the heart of what it means to be a Christian community. While it may look different this year given current circumstances, we will maintain this commitment to love and serve our neighbors and provide safe opportunities for service here in Nashville. For more information on how to get involved, please contact Larkin Briley at larkin.briley@belmont.edu.

OCCUPATIONAL WELLNESS

Office of Career & Professional Development—The Office of Career & Professional Development provides a number of resources to help our graduate students find meaningful work and internships. You can meet with a Career Development Specialist for industry specific coaching, services and resources. You can also check out Handshake, an online career management system, which is a great way to find resources and schedule an appointment with a specialist. More information can be found at belmont.edu/career-development. You can also contact them at 615.460.6490 or careerdevelopment@belmont.edu.
Working with Purpose—Working with Purpose connects Belmont graduate students with Christian professionals in their field for mentorship as they explore how their faith shapes their work. For more information, please contact Josh TenHaken-Riedel at josh.tenhakenriedel@belmont.edu.

Physical Wellness

The Department of Fitness & Recreation is here to provide all students—including graduate students—with the resources they need to be successful at Belmont. Through facilities in the Beaman Student Life Center and the Tall Hall Studio, as well as other programs and services, FitRec aims to create spaces for students to prioritize their physical wellness while building community with their classmates and colleagues. FitRec is here to help you #FindYourFit. To stay up to date on any of FitRec's operational or programming changes, follow @BUFitRec on Instagram and request membership in the “Fitness and Recreation” organization on BruinLink.

Mental Wellness

Pastoral Care—Life as a graduate student can be stressful, and sometimes you need space to process or pray with someone. Belmont has a number of ministers on campus who would love to get to know you and support you however they can. To connect with a minister, please call 615.460.6419 or email university.ministries@belmont.edu.

Counseling Services—Belmont University Counseling Services offers free and confidential mental health assessment and services with individualized attention to the needs of our diverse student population. We maintain strict confidentiality for all clients seen in the center and provide a number of services including Online Self-Help (TAO), Wellness Programming, Assessment and Referral Services, Drop-In Workshops, Group Therapy, Short-Term Individual Therapy and Crisis Intervention.

If you are interested in pursuing any services, visit the website at belmont.edu/counseling for steps to make your first appointment, or feel free to call 615.460.6856 or email counseling@belmont.edu. The Counseling Center is located in Gabhart Student Center 209, and you can also find them on Instagram @belmontcounseling.

If you are in need of immediate help, please call campus security at 615.460.6617.

Grad Newsletter—Want to stay connected? Scan here to sign up for the bi-monthly graduate student newsletter, which includes resources, upcoming events and encouragement just for you as a grad student!