

Spiritual Care at the Office of Religious and Philosophical Life

What is spiritual care?

Spiritual care is a type of care and counseling provided by chaplains or spiritual leaders. It involves nonjudgmental and compassionate listening and facilitates meaning-making through someone's own spiritual or moral values. It aims to foster a person's spiritual and existential well-being.

At Tufts, chaplains:

- are confidential resources
- are trained to support every religious and philosophical identity
- are open and affirming of LGBTQ+ identities
- will never proselytize or seek to convert you

Why might someone seek spiritual care?

Spiritual care is a resource for anyone who is craving more depth in daily life, needing a caring presence in a difficult moment, or seeking resources in a particular religious or philosophical tradition. Students at Tufts seek spiritual care for many reasons—during times of stress, grief or transition, or when exploring questions of identity, purpose, and belief. Whether you are deeply rooted in a tradition, seeking a new community, or simply need someone to talk to, the Office of Religious and Philosophical Life is here to support you with care and respect.

How can I connect with a chaplain?

Most spiritual care appointments are arranged by directly emailing a chaplain. You can reach out to a particular chaplain, whose contact information is on our website, chaplaincy.tufts.edu/contact. You can also complete the brief form via this QR code, and a chaplain will reach out to you within one business day.

Contact a Chaplain

