UNIVERSITY of WASHINGTON

TEACHING & RESEARCH ASSISTANT

WELLNESS RESOURCES
AS A TEACHING/RESEARCH ASSISTANT YOU PLAY A VITAL ROLE IN STUDENT SUCCESS. EVERYONE IS RESPONSIBLE FOR BEING A HEALTHY HUSKY.

What you can do:

As an instructor you can take action in ensuring the emotional well-being of your students. Make sure your syllabus includes a statement about support and disability resources for students. Explore the vast health and wellness resources available on the UW campus. Visit uw.edu/healthyhuskies for syllabus examples.

Emotional First Aid: Responding to Personal Disclosure

Most students turn to someone they trust when they need support. A student may share with you that they are in a controlling relationship, they were sexually assaulted, they are being harassed, or that they are having thoughts of suicide. Your response helps determine whether they feel safe and supported when telling others or seeking additional help.

Helpful things to say:

• Thank you for telling me.
• I believe you.
• It’s not your fault.
• I’m sorry that happened to you.
• What can I do to help?
• You are a strong person.
• I’m glad you told me.

Please consider taking these steps when someone discloses to you:

• Validate: Believe them and thank them for sharing.
• Listen: Ask how you can help.
• Connect: Share with them the resources that are available on campus.
• Consult: Call UW resources to determine next steps or share any concerns. You can call SafeCampus (206-685-SAFE (7233)) or Health and Wellness (206.543.6085) as a starting point.
• Self-Care: Take care of yourself and be aware of your own feelings.

Increase your awareness and attend one training this academic year:

• Violence Prevention (Safe Campus)
• Suicide Prevention (Forefront)
• Interpersonal Violence, Mental Health and Alcohol and Other Drug Education (Health and Wellness)

Visit uw.edu/healthyhuskies for additional tools and resources.

The Office of the Ombud serves the entire university community by providing a collaborative and confidential environment to discuss your situation and consider options for a plan. Last year the Ombud office helped students navigate issues with grading and academic progress, classmate relationships, unclear class expectations and more. Visit washington.edu/ombud for more information.
RESOURCES ON CAMPUS

HEALTH & WELLNESS (in Elm Hall)
- Alcohol and Other Drug Education
- Suicide Intervention Program
- Interpersonal Violence Advocacy
- Prevention Education and Outreach
- Student Care Program

COUNSELING CENTER (in Schmitz Hall)
- FREE and confidential, individual, relationship and group counseling
- Same-day crisis appointments
- Light Therapy for Seasonal Affective Disorder
- Career Counseling

HALL HEALTH (in Hall Health Center)
- Fee for service, takes insurance, confidential
- Individual, relationship and support groups
- Same-day crisis appointments
- Medication evaluation & management
- The BASICS program to explore alcohol use
- Psychiatric services

DISABILITY RESOURCES FOR STUDENTS (in Mary Gates Hall)
- Serves students with temporary and permanent disabilities (including injuries and mental health issues)
- Provides academic and other accommodations
- All services are individualized
HEALTH & WELLNESS

Offering confidential support and advocacy, as well as evidence-based education and training for all UW students.

TRAINING & EDUCATION: We provide presentations, training and education to students, staff and faculty on content from all Health & Wellness programs. Our efforts promote evidence-based prevention services and strategic planning to the campus community. | tumasm@uw.edu • 206.221.7187

PEER HEALTH EDUCATORS (PHES): Student volunteers who bridge the gap between students and campus resources, health education and research. PHES facilitate workshops and events with students on a variety of health issues. | phehwdr@uw.edu

SUICIDE INTERVENTION PROGRAM: We provide early intervention and support for students who may be struggling and are not yet engaged in care. | hwsip@uw.edu • 206.543.7454

SEXUAL ASSAULT, RELATIONSHIP VIOLENCE, STALKING & HARASSMENT ADVOCACY: We work with students to provide support, advocacy, reporting options and resources. This is a confidential starting point for all students to safely explore their options and receive support. | hwadvoc@uw.edu • 206.685.4357

ALCOHOL & OTHER DRUG EDUCATION: We provide education, consultation and resource referrals around alcohol and other drugs. This is a confidential starting point for evidence-based intervention and prevention practices. | jkilmer@uw.edu • 206.543.7259

STUDENT CARE PROGRAM: We advise and support students who are in distress by creating plans to address stressors and the unique needs of each student. | livewell@uw.edu • 206.543.2684

Find more information about each of these programs at: depts.washington.edu/livewell

Green Dot @ UW

Green Dot is an initiative aimed at encouraging students, faculty and staff to step in, speak up and interrupt potential acts of power-based personal violence. Being a Green Dot bystander is all about making choices that create a culture less tolerant of violence, and oriented toward a safer, more inclusive community. Trainings take place in fall, winter and spring quarters.
In your work as a TA/RA, you are in a great position to inform students in your classes that they are eligible for many valuable health services which are available at no further out of pocket cost to them, because they pay the quarterly Services and Activities Fee (SAF) along with their tuition.

Some of what the SAF covers at Hall Health Center:

- One visit per quarter for medical concerns (this excludes comprehensive physicals, specialty visits, and procedures)
- Preventive counseling and contraceptive advice
- Unlimited visits with our Consulting Nurses [206-221-2517], including an after-hours nurse phone line [206-744-2500] for urgent medical problems
- Advice about HIV and other sexually transmitted disease exposures
- Brief Alcohol Screening and Intervention for College Students (BASICS), a service for students who want to explore their alcohol use
- Help quitting smoking
- Access to light therapy room for Seasonal Affective Disorder
- Help when you are in crisis

Your students can gain more information regarding Hall Health Center’s services and insurance billing procedures, by dropping in to see us (across the street from HUB), calling (206) 685-1081, or visiting our website: hallhealth.washington.edu/students.

HEALTH INSURANCE 101

Your students may be managing their own health care for the first time ever. Do they know what their insurance covers and where they can go for care? Here is a way to explain it to them:

1. YOUR CARD

Keep your insurance card in your wallet so you’ll always have it handy - you never know when you’ll need it. Make sure to look it over, both front and back. The front side will have your ID number, and the back should have the phone number for your insurance company. Note that if you have Medicaid (Apple Health) you may not have an insurance card.

2. YOUR COVERAGE

Most private insurance plans require you to pay out-of-pocket for part of your care. Know the basics about your coverage before you get sick. You can call your insurance company and ask questions like:

- Do I have a deductible?
- Do I have co-insurance?
- Are services like mental health care, vision and dental included in my plan?

You can also request a plan booklet from your insurer that outlines your coverage. If you have Medicaid, most care should be covered.

3. YOUR NETWORK

Your insurance plan divides health care providers into two categories: in-network and out-of-network. Your insurance will cover you at a higher level if you visit an in-network provider. If you go outside of your plan’s network, you will likely pay more. To find out which health care providers are in-network, visit your insurance company’s website or call the number on the back of your card.

NEED HELP? Visit Hall Health Center for help with insurance questions, physical, mental and specialty health care and more. Find us on-line or call (206) 685-1011.
WHY CALL SAFECAMPUS

As a TA/RA at the University of Washington you perform many roles. You are a teacher to undergrad students, you are a peer to those in your cohort, and you are an employee of your department. Due to the many intersecting relationships you have at the University you may be the first person to see or hear about behaviors of concern in students, your cohort peers, or faculty and staff. Your choice to reach out for help is a vital component to ensuring individuals get the support they need. If you are concerned about someone, know that SafeCampus is a safe starting place that can creatively problem solve with you and share campus resources. Call us 24/7 at 206-685-SAFE (7233).

PROHIBITED BEHAVIORS

The University does not tolerate behaviors that:

• are violent
• threaten violence
• harass or intimidate others
• interfere with an individual’s legal rights of movement or expression
• disrupt the workplace, our academic environment, or the University’s ability to provide service to the public

Violent or threatening behavior can include physical acts, verbal or written statements, harassing email messages, harassing telephone calls, gestures and expressions.

BEHAVIORS YOU CAN CALL ABOUT RELATING TO STUDENTS, PEERS, FACULTY OR STAFF

• Dramatic changes in personality, mood or behavior.
• Withdrawing from friends and acquaintances.
• Unusual irritability; outbursts of anger, use of violence.
• Academic performance decline and/or attendance problem.
• Making direct or veiled comments about harming one's self or others.
• Crossing boundaries (excessive phone calls, emails and/or visits).
• Substance abuse.
• Expecting special treatment and/or informal accommodations
• Experiencing a controlling and/or violent relationship.

TAKE ACTION

Trust your instincts. Pay attention to cues, comments and your experiences.

Reach out. If you notice behaviors that make you or others uncomfortable, you do not have to deal with it alone. Ask for help by calling SafeCampus at 206-685-SAFE (7233). For more information, visit washington.edu/safecampus.
**SOMETHING ISN’T RIGHT.**
You don’t have to deal with it alone. *Ask for help.*

**IT’S EVERY HUSKY’S RESPONSIBILITY TO HELP KEEP OUR UNIVERSITY SAFE!**

**IN URGENT SITUATIONS**
- **Call 911**
- **Once safe, call SafeCampus 206-685-SAFE (7233)**

**Witnessing warning signs in a friend or coworker?**
Consult with SafeCampus. Tell us what’s going on and we’ll find a creative solution.

**Are you thinking about suicide?**
We’re here for you; you’re not alone. Call us 24/7.

**CALL ABOUT:**
- relationship violence
- stalking
- workplace violence
- suicide
- self-harm
- students in distress

**IF YOU’RE CONCERNED FOR YOURSELF OR A FRIEND, CALL 206-685-SAFE (7233)**

SafeCampus is for UW students, faculty, and staff.
ADVOCACY & SUPPORT RESOURCES

At some point, you might need help. If you feel worried or concerned about a student, if something feels potentially dangerous, or if you just need to consult, remember that the UW cares about everyone’s safety and well-being.

There are resources at UW to support students who have experienced sexual harassment, sexual assault, relationship violence or stalking. The Advocates on campus are safe starting points for students to get support, learn about their options and rights and make a plan for next steps. Visit washington.edu/sexualassault to learn more.

**UWPD Victim Advocate** assist students, faculty and staff who have concerns about relationship violence whether or not a police report is filed. 206.543.9337 • police.uw.edu

**Health & Wellness Advocates** assist students and those who are supporting friends. 206-685-4357 • depts.washington.edu/livewell/advocate

**Counseling Center** psychologists and mental health counselors provide confidential counseling, assessment and crisis intervention services to currently-enrolled UW students. 206-543-1240 • washington.edu/counseling

**Medical Care.** Sexual Assault Nurse Examiners (SANE) provide specialized care such as a physical exam, emergency contraception, STI testing and evidence collection. UW Medical Center and Harborview Emergency Room and Center for Sexual Assault & Traumatic Stress provide SANE services. Evidence is best collected within 120 hours (5 days) of the assault.

Medical care such as a physical exam, emergency contraception and STI testing can also be received at Hall Health, Planned Parenthood and a local provider.

washington.edu/sexualassault/support/medical-care/

Carelk provides services for benefits-eligible UW academic personnel and staff, their dependents and household members. Toll-free: 1-866-598-3978 (TTY: 1-877-334-0489)
The University of Washington has designated offices responsible for responding to, investigating and resolving complaints.

Title IX Coordinator: Title IX prohibits discrimination based on gender. For concerns relating to Title IX compliance and consultation for programs, departments, schools and colleges. Kate Leonard, Title IX, Compliance Services • Roosevelt Commons West 206.221.7932 • TitleIX@uw.edu • fcompliance.uw.edu/titleIX

University Complaint Investigation Resolution Office: For complaints concerning the conduct of University employees, including student employees. 206.616.2028 • compliance.uw.edu/UCIRO

Title IX Investigation Office: Conducts investigations of complaints that a University student has violated the sexual misconduct provisions of the University of Washington Student Conduct Code. 206.616.5334 • tixinv@uw.edu

Community Standards and Student Conduct: Conducts investigations of complaints that a University student has violated other provisions of the Student Conduct Code. 206.685.6194 • washington.edu/cssc

Campus Human Resources: For complaints involving staff employees, including student employees. 206.543.2354

Harborview Medical Center (HMC) Human Resources: For complaints involving HMC staff employees, including student employees. 206.744.9220

UW Medical Center (UWMC) Human Resources: For complaints involving UWMC staff employees, including student employees. 206.598.6116

Academic Human Resources: For complaints involving faculty, librarians and other academic personnel. 206.543.5630
The University of Washington Police Department (UWPD) serves and protects over 68,000 students, staff, faculty and visitors 24 hours per day, 365 days per year.

We are committed to:

**Access:** Working to create a safe and secure environment in which students, staff and faculty can follow their intellectual, creative and academic pursuits.

**Engagement:** Collaborating with the community to maintain a safe environment for the students, faculty and staff who make this University great.

**Diversity:** Striving to reflect the diversity of our community in our hiring practices to better collaborate with, connect with and understand those we serve.

**Care:** Taking pride in our excellent customer service, rigorous follow-up on cases and quick response time to calls as well as our array of crime prevention services and programs. We see each encounter with members of our community as an opportunity to highlight our commitment to service and accountability.

**Student Learning:** Fostering the next generation of leaders by providing learning opportunities within our department (such as our internship program) and the security necessary for students to engage in academic pursuits.

For more information, visit [police.uw.edu](http://police.uw.edu) or visit our office at 3939 15th Ave NE.

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**IN CASE OF EMERGENCY**

Calling **911** from campus phones will connect you to UWPD. From other phones you may be connected to Seattle Police or Washington State Patrol. For on-campus issues, request to be transferred to UWPD.

Non-emergencies: **206.685.UWPD (8973)**

Husky NightWalk: 206.685.WALK (9255)

Victim Advocate: 206.543.9337

UW Alert blog: [emergency.uw.edu](http://emergency.uw.edu)
The University has developed UW Alert to disseminate official information via email, text messages and telephones. Sign up now! uwalert.org

DISABILITY RESOURCES FOR STUDENTS (DRS)

Disability is an aspect of diversity that is integral to society and to our campus community. DRS works with students individually to establish academic adjustments and auxiliary aids and services — more frequently referred to as academic accommodations — to eliminate barriers impacting a student’s equitable access to campus facilities, programs and activities. depts.washington.edu/uwdrs

NATIONALLY 11–15% OF STUDENTS ON COLLEGE CAMPUSES HAVE A DISABILITY.

2000= THE NUMBER OF STUDENTS WITH DISABILITIES (SWD) SERVED BY THE UW EACH YEAR