

Here to Help

Emergency and Support Resource Guide

The Office of the Dean of Students serves as a primary point of contact for students and their families and assists with navigating campus and community resources. For information or support, contact the Office of the Dean of Students by phone at (432) 552-2602 or by email at deanofstudents@utpb.edu.

How can the Office of the Dean of Students help?

- Referrals to assist with emergency funds
- Short-term emergency housing accommodations
- Discreet absence notifications to faculty
- Referrals for food insecurity and professional clothing needs
- Private advocacy and support on request
- Referrals for appropriate campus and community resources
- Information regarding course load reductions or full withdrawals
- Act as primary advocate for students and primary contact for families

Campus Resources

- Services for Students with Disabilities: The <u>ADA Officer for Students</u> (<u>ada@utpb.edu</u>) coordinates access to programs, classes, services, and activities to qualified individuals with disabilities as required by Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act.
- If you would like to speak with a licensed mental health professional, <u>Student Counseling Services</u> can be contacted 24-hours a day by phone at (432) 552-3365.
- The <u>Student Success Center</u> (<u>success@utpb.edu</u>) provides academic support for students through tutoring, supplemental instruction, and peer mentoring.
- <u>Medical Services</u> are available at Trinity Family Medicine, which is located at 6100 Eastridge Rd. in Odessa, TX. The medical services program is designed to provide students with basic primary healthcare needs in an outpatient setting. All students are covered by the Medical Service Plan except for dual-credit and online-only students. You can contact Trinity Family Medicine by phone at (432) 272-1072.
- <u>Student Veterans Services</u> (<u>veterans@utpb.edu</u>) provides resources and support to student veterans and militaryaffiliated students.

If you are experiencing food insecurity:

- Contact the CARE Office at care@utpb.edu to arrange for pickup of items available through the UTPB Food Pantry.
- Contact the West Texas Food Bank by calling (432) 580-6333.
- Contact your <u>local food bank</u> through the Feeding America network.

If you have witnessed or been the victim of a crime:

• Contact the <u>UTPB Police Department</u> at (432) 552-2786.

- The <u>National Center for Victims of Crime</u> is a nonprofit organization dedicated to providing information, resources and advocacy for victims of all types of crime.
- The <u>Texas Legal Services Center</u> is a statewide project that provides free direct legal representation and referrals to victims of violent crime and provides education about crime victim's rights. If you are a victim of—or feel you may be at risk of—domestic violence, sexual abuse or assault, stalking, cyber-stalking, or any other form of violent crime, TLSC can offer you legal advice, safety planning, pro se (self-representation) assistance, and legal representation. All survivors of a violent crime or sexual assault can receive services. You can contact TLSC by phone at (844) 303-7233 (SAFE).

If you have experienced dating/domestic violence, sexual violence, stalking, or harassment:

- To report the incident and request support and assistance: Contact the <u>Title IX Office</u> by email at <u>titleixcoordiantor@utpb.edu</u> or the <u>Office of the Dean of Students</u> by phone at (432) 552-2602 or email at <u>deanofstudents@utpb.edu</u>. You can also <u>report sexual misconduct/harassment online</u>.
- Contact the <u>UTPB Police Department</u> at (432) 552-2786.
- Preservation of evidence may be critical to an investigation should you wish to proceed with a criminal, civil, or
 university investigation, now or in the future. Examples of preserving evidence include but are not limited to: not
 showering or washing clothes and linens, and retaining pictures, text messages, and social media
 communications.
- Please be aware that various on-campus offices can offer privacy, but only reports made to a licensed mental health professional in Student Counseling Services are considered confidential.
- Contact the <u>Crisis Center of West Texas</u> at (866) 627-4747. If you are outside of the Permian Basin area, you can also contact <u>the crisis center nearest you</u> or contact the National Domestic Violence Hotline, which provides confidential one-on-one support for anyone affected by domestic violence by calling (800) 799-7233.

If you would like to schedule an appointment to speak with a licensed mental health professional or if you are thinking about suicide, are worried about a friend or loved one, or would like emotional support:

- <u>Student Counseling Services</u> can be contacted by phone at (432) 552-3365. Student Counseling Services offers individual, couple and/or group counseling at no charge for students. All communication with a counselor is confidential. (Except as required by Texas law, i.e. extreme situations where there is danger of death, abuse of a minor or elder, or judicial court order.)
- You can speak with a counselor 24-hours a day by calling the 24-hour UTPB Crisis Line at (432) 552-4600.
- You can also contact the National Suicide Prevention Lifeline (Deaf + Hard of Hearing) at (800) 799-4889 or Nacional de Prevención del Suicidio at (888) 628-9454.

UT Permian Basin offers the TimelyCare App for students. The TimelyCare app provides students with **free** and **confidential** access to 24/7 virtual health and well-being support. Services offered through the new program include:

- On-demand mental health and emotional support
- Scheduled mental health counseling sessions
- Psychiatry services
- Health coaching
- Care navigation
- Peer support community
- Digital self-care content

Accessing TimelyCare

Download the free app from the <u>App Store</u> or <u>Google Play</u>.

For assistance, please call (833) 484-6953

Visit <u>TimelyCare Website</u>