

WELCOME TO OUR CARING COMMUNITY

Office of Health Promotion
 Department of Student Health
 University of Virginia
 Designed by XI HAN,
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No one has to do everything, but everyone has to do something.

WHAT DOES IT MEAN TO BE PART OF THE CARING COMMUNITY AT UVA?

It means fostering an environment of **trust, respect, and mutual support**. Everyone here has an opportunity – and responsibility – to make the UVA community the safest and most supportive environment possible by looking out for each other. Everyone is expected to do their part.

Together, we can **help each other thrive**, so everyone’s time at UVA will be the best it can possibly be.

GIVE AND GET SUPPORT

- If a friend comes to you about a problem, **listen to their concerns** in a caring, non-judgmental way. If appropriate, encourage them to get professional care.
- Concerned about someone? **Check in** to see if they are okay. Even if they don’t want to talk, they know you care.
- If you’re having a hard time, **talk with a friend** or another adult you trust or get professional care. **You are not alone.** Everyone deals with difficult things at one time or another.



95.7% of UVA students like when friends come to them to talk about their problems or concerns.*



BYSTANDERS INTERVENE IN A POSITIVE WAY

Ever get a feeling in your gut that something isn’t right? Ordinary people who are bystanders can take small steps to influence concerning situations. Choose whichever strategy best matches your style and level of comfort.

Direct – Consider making direct suggestions to change the situation. Can I call a friend for you? Can I walk you home? Do you want to keep talking to them? Are you okay?

Distract – Break up an uncomfortable or potentially dangerous situation by shifting the focus. Will you help me find my wallet? I’m feeling sick, can you get me a glass of water? Is that your car getting towed?

Delegate – Support from friends, emergency services, or others can make it easier to intervene. Ask a friend to go with you to talk to someone. Ask someone to call for help. Ask the bartender to check in.

If you think there is an emergency, **call 911** immediately.



92.5% of UVA students who have the opportunity intervene when they notice a problem situation.*

SAW SOMETHING THAT’S BOTHERING YOU?

- **Talk with a person** you feel comfortable with, especially if concerned for someone’s safety or well-being.
- Visit UVA’s **Just Report It** website to make an anonymous report.



RESOURCES TO PROVIDE YOU AND YOUR FRIENDS WITH THE SUPPORT YOU DESERVE



- **RAs:** A listening ear and connections to the best support resources
- **Office of the Dean of Students (ODOS):** Support and guidance for student concerns of all types, no matter how big or small
- **Student Health:** Services include general medicine, counseling, gynecology, pharmacy, travel clinic, allergy clinic, disability support, alcohol and drug abuse prevention and recovery, and other health promotion activities – Open M-F 8-5 or call (434) 972-7004 for afterhours care
- **Maxine Platzer Lynn Women’s Center:** Education, advocacy, and counseling related to gender violence
- **LGBTQ Center:** Welcoming physical space, programming, and support services
- **Madison House HELP Line:** Talk about anything, anytime, 24/7 (434) 295-8255

OPPORTUNITIES TO CONTRIBUTE

- **Green Dot:** Training to prevent power-based violence through cultural change
- **Sustained Dialogue:** Discussion gatherings centered around social issues at UVA

Visit the Fall Activities Fair to learn about other organizations and service opportunities.

The **Office of Health Promotion** at Elson Student Health wants to support you in a healthy and happy year at UVA. That’s why we’ll be bringing you two new issues of the **Stall Seat Journal** every month. All of our statistics come from our annual spring surveys of UVA students.

*From the Spring 2015 Health Survey with responses from 931 UVA students