

SAFETY AND WELLBEING RESOURCES

OIPS wants you to have the resources you need during your time at GMU. There may be situations not listed here where we can help you resolve an issue affecting your health or safety. Please reach out to us with any concern or question you have, and we will help you sort it out. We want you to understand how a situation may affect your status in the U.S. We also need to know how to reach you, and by law you must update your contact information (address and phone number) within 10 days of making any change. In addition, if your permanent address in your home country changes or your emergency contact person either here or abroad changes, please inform us right away.

COVID-19 Resources

- Coronavirus (COVID-19) Information is available on the OIPS website specifically for international students and Scholars.
- GMU's Safe Return to Campus website has more detailed campus-wide information.

Emergency and Disaster Preparation Resources

- The Mason Ready website: GMU resources to assist in emergency and disaster preparedness.
- Active Threats Awareness and Prevention Video: Educate yourself about these important issues.
- Mason Alert Emergency Notification System: receive timely information about campus emergencies.
- National Weather Service Forecast Office: resources to monitor severe weather such as hurricanes, tornadoes, floods or wildfires in our area or when you travel.

Public Safety and Crime Prevention Resources

Educating yourself about the safety and security of your environment can be different in the U.S. than in your home country. There are several campus and local resources that will assist you in understanding crimes in the area and crime prevention. Remember, for an urgent or life-threatening emergency, call 911 for immediate assistance. While on-campus, you can report suspicious activity, crimes, and emergencies to Mason Police at 703-993-2810 (non-emergencies) or 9-1-1 (emergencies).

- GMU Department of Police and Public Safety: has information regarding awareness and responding to campus violence. They also have links to other area law enforcement websites.
- Crime and Fire log: GMU's Department of Police and Public safety publishes this daily so that you can be informed about crimes that have occurred on campus. If you are traveling off-campus, other cities and counties provide a similar log often called a police blotter.
- Campus Assistance: If you ever feel unsafe walking across campus, call (703) 993-2810 and a police cadet can escort you to your destination.
- Rave Guardian Public Safety App: A free public safety app offering a variety of features including a virtual safety option and a panic call button to alert GMU Police. It's free at iTunes and the Google Play store.
- Scam Awareness Website: OIPS created this website to educate the international community at Mason about how to protect themselves from losing money and identity theft.

Well-being Resources

As a model well-being university, GMU strives to provide everyone in the campus community with the support to thrive together.

- [The Center for the Advancement of Well-Being](#): Discover links to online well-being assessments, campus offices, and campus events that promote well-being. Students may want to take advantage of:
 - [Mindful Mason Moments](#)
 - [Resilience Resources](#)
 - [Rx Racial Healing Circles](#)
 - [Mental Health First Aid Training](#)
 - [Thriving Together Series](#)

When You Need Personal Connection and Support

- [Mason 360](#): is GMU's student engagement platform. It has information about a variety of student organizations and campus events.
- GMU's [Student Support and Advocacy Center \(SSAC\)](#): SSAC offers programming, consultations, and resources in the areas of interpersonal violence, financial wellbeing, personal wellness, and alcohol and drug use.
- [Counseling and Psychological Services \(CAPS\)](#): CAPS provides free and confidential short-term mental health services to students. In addition to having counselors on staff for guidance, they also have crisis hotlines available 24/7, a text line, and an online chat. If you need to speak to someone for emotional support, they have the [Emotional Support Line](#). They offer [online information](#) and [virtual workshops](#) focusing on a variety of issues such as relationship advice, managing anxiety, stress reduction, suicide prevention, and eating disorders. There are weekly drop-in meetings, [Managing COVID-19 Re-Entry Anxiety Resources](#), and a "Relax and Unwind" drop-in space. CAPS provides referrals for off-campus services.
- The CAPS website has [Multicultural Resources](#) with links to [Disability Services](#); [LGBTQ+ Resources](#); and the Center for Culture, Equity and Empowerment. On the [CCEE website](#), you can find information about reporting an incident that was motivated by bias. They also have an [events calendar](#). The LGBTQ+ website has a list of services and resources such as a Support Group, Trans Closet, and an events listing by the [Queer Student Leadership Council](#).

When You Need Academic Tutoring or Time Management Assistance

- [Learning Services](#) offers online academic coaching and virtual academic success workshops. They have an [online library of video presentations](#) on topics such as: Exam Strategies, Managing Academic Anxiety, Time Management, Notetaking and Studying among others. These workshops are a great resource for international students to also become better acquainted with American academic culture! They also have a guide on [how to be a successful online learner](#).

How to Access Healthcare

- [GMU's Student Health Services \(SHS\)](#) provides high quality health care, counseling, health education and prevention services to George Mason University students. The Fairfax location is open. Students need to first call 703-993-2831 to speak to a nurse before scheduling an appointment. For assistance when the clinic is closed, SHS has an after-hours nurse advice hotline at 800-466-0386 and a list of [after-hours urgent care centers](#) (walk-in clinics) on their website. They also have a webpage with details about [COVID Services](#).
- The [Student Health Insurance office](#) has details about the insurance coverage and fees for international students and links to insurance plan documents. In addition, there are tips on how [to understand your insurance](#) and health education resources.

Understanding your Rights

- [GMU Student Rights and Responsibilities](#): are listed in the university catalog. This section also lists what steps can be taken for various concerns.
- The ["Know your Rights"](#) Pamphlet: If you have been approved by OIPS to work, it is important that you feel safe and are treated fairly in your work environment. If you are an exchange visitor you received this pamphlet during your visa interview. It details the rights of non-immigrants while working in the United States. Please remember to review approval requirements for on-campus and off-campus employment at the OIPS website.
- [Updating Your Chosen Name and Pronouns](#): GMU supports students who wish to identify in Patriot Web their chosen first name, gender identity, and pronouns.