

# HEALTH, SAFETY, AND WELLBEING RESOURCES

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Your safety and well-being during your program are among our highest priorities. OIPS wants you to have the resources that you need during your time at GMU. The [OIPS website](#) has a variety of resources and we have listed additional resources below. There may be situations not listed below where we can help you resolve an issue affecting your health or safety. If you are not sure where to seek assistance, please reach out to us, and we will help you sort it out and direct you to appropriate resources. In addition, we want you to understand how a situation may affect your status in the U.S.

## **Urgent or Life-Threatening Emergency**

Call 911 for immediate assistance. If you have a non-emergency health concern that requires medical attention, reach out to [Student Health Services](#). 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).

## **Updating your Address and Phone Number**

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. If you move off-campus, for the first time or any subsequent time, you must update your own address in Patriot Web. Off-campus housing addresses need to be listed as “off-campus residence” and not “permanent address” as international students only have permanent addresses outside the U.S. In addition, if your permanent address in your home country changes or your emergency contact person either here or abroad changes, please update this on Patriot Web too. If you live **on-campus**, you *do not* need to update your address. The Housing office will update your on-campus address.

## **When You Need Personal Connection and Support**

- [Mason 360](#): is GMU’s student engagement platform with information about a variety of student organizations and campus events.
- [International Programs and Services](#)— offers a variety of events and cross-cultural opportunities.
- GMU’s [Student Support and Advocacy Center](#) (SSAC): SSAC offers programming, consultations, and resources in the areas of interpersonal violence, respondent services, financial wellbeing, personal wellness, and alcohol and drug use. They also have information on the [Patriots for Recovery](#) support group.
- [A GMU Success Coach](#) can assist you with academic, personal, and career goals.
- [TimelyCare](#) offers 24/7 on-demand mental health access from your phone.
- Psychological Services offers the [Stepped Mental Health Care Program](#) providing an emotional support line and counseling.
- [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 a crisis hotline available 24/7, a text line, and an online chat. They offer [online information](#) and in-person and [virtual workshops](#) focusing on a variety of issues. There [are also in person support groups](#) focusing on such issues as healthy relationships, managing anxiety, traumatic experiences support, women of color empowerment, queer empowerment, balanced living, graduate student support group and men & masculinity. CAPS also provides referrals for off-campus services.
- The CAPS website has [Multicultural Resources](#) with links to [Disability Services](#); [LGBTQ+ Resources](#) and other offices. The LGBTQ+ website lists resources such as a Peer Mentoring Program, Trans Closet, a map [of Gender Inclusive Restrooms](#) on the Fairfax campus and an events listing by the [Queer Student Leadership Council](#).

- [Contemporary Student Services \(CSS\)](#): has off-campus housing listings, a roommate finder and renter rights and responsibilities resources. The office serves off-campus students; pregnant and parenting students; and married, divorced, and widowed students; veterans and military affiliated students; and transfer students. Additional student parenting resources can be found here: [Student Parenting Resources | Diversity, Equity, and Inclusion \(gmu.edu\)](#)
- [Graduate Student Life](#)- resources and events tailored specifically to graduate students.

## **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:

- Activate Your Wellbeing Experience! September 21<sup>st</sup> SUB- 1 QUAD 12pm to 2pm
- Resilience Resources: Learn about the importance of resilience for your wellbeing.
- Mental Health First Aid Training: Sessions available in October, November and January.
- Thriving Together Series: a series of articles on diverse well-being topics.

Need a 30-minute wellness break? Consider making an appointment for the [Mind Spa!](#)

## **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. 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 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 including how to enroll dependents in the plan or add dental insurance. There is also a link to the [GMU Aetna Student Health](#) site where you can print your ID card and search for a doctor or pharmacy.

## **When You Need Academic Tutoring or Time Management Assistance**

- Learning Services offers online academic coaching and academic success workshops. They have an online library of video presentations on topics such as: 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.
- [A GMU Success Coach](#) can assist you with academic, personal, and career goals.
- The Writing Center provides individual writing consultations, online tools, and workshops.

## **Public Safety, Crime Prevention, and Conduct Education Resources**

Educating yourself about the safety, security, and acceptable conduct in 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 and education. There are also on-campus offices that provide information and services regarding conduct issues. 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. Their website includes an FAQs [including what to do if you are stopped by police](#). They also have [links](#) to other area law enforcement websites and important campus resources.
- 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.
- Student Conduct- has resources and information about what is misconduct and information about support, process, and sanctions.

## **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.

## **Understanding your Rights and Responsibilities**

- GMU Student Rights and Responsibilities: are listed in the university catalog. This section also lists what steps can be taken for various concerns and lists the responsibilities of all students. **It is important that you read through this section so that you can understand the policies and procedures of the university as many policies and procedures may be different than your other university experience(s).**
- The Ombuds Office is a confidential resource for students, staff, and faculty to facilitate communication and acts as a resource to help foster an environment of respect, honesty, fairness, and integrity and to bolster a supportive working and learning climate at GMU.
- Diversity, Equity, and Inclusion supports equitable access on campus and has forms for reporting bias or discrimination.
- 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. This pamphlet details the rights of non-immigrants while working in the United States. Remember to review approval requirements for on-campus and off-campus employment on 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.