



Community 2015-16

integrity

intellectual
exploration

courage

inclusion

inter-
connectedness

caring
community

diversity

respect

active bystandership

teamwork

support

creativity

collaboration

personal growth

wellness

engagement

civility

innovation

helping a friend
in need

shared principles

compassion

perseverance

involvement

excellence

sustainability

personal
responsibility

Dean of Students Office

www.umass.edu/dean_students (413) 545-2684

- connects students with university resources
- point of contact for students in crisis
- answers questions about university conduct process

UMass Amherst Police Department www.umass.edu/umpd (413) 545-2121 • Emergency: 911

- immediate response for all emergencies including threatening or dangerous behavior, accidents, injury
- sexual assault, harassment, and bias-related reporting, including anonymous reporting

Center for Counseling & Psychological Health

www.umass.edu/counseling (413) 545-2337, 577-5000 (24/7)

- emergency services
- crisis intervention, assessment, consultation
- therapy for anxiety and depression
- mindfulness training

University Health Services www.umass.edu/uhs (413) 577-5000 (24/7)

- medical care and 24/7 on-call service
- women's clinic • tobacco cessation
- eating disorder evaluation • pharmacy
- free sexual assault evidence collection

Center for Women & Community www.umass.edu/ewc (413) 545-0883 • Rape Crisis: (413) 545-0800 (24/7)

- rape crisis hotline for people of all genders • safety planning
- free survivor, friend & family support groups and counseling
- consent, sexual assault, and harassment training
- sexual health education



UMatter at UMass is an initiative intended to affirm the values the university set in motion 150 years ago: care, compassion, and active engagement. UMass Amherst is committed to supporting all students and ensuring that you receive academic, emotional, and practical support throughout your time in college.

This postcard is designed to connect you to campus resources and general support services for concerns, including alcohol and other drug abuse; bias; harassment and violence; sexual misconduct; and depression and suicide. If you or someone you know needs assistance while at UMass Amherst, these resources can help.

Don't know where to begin?

Contact the Dean of Students Office:
www.umass.edu/dean_students
(413) 545-2684

UMassAmherst
The Commonwealth's Flagship Campus