

Carnegie Mellon University

STUDENT SUPPORT AND RESOURCES

Academic Assistance

Students who are experiencing significant struggles meeting academic deadlines or requirements and are seeking consideration for academic accommodations should reach out to their advisor and faculty to request assistance.

Should students be unable to get a response from faculty or advisors or need support in outreach to faculty, their [housefellow](#) can assist if they live in the residence halls. Students who live off campus may request assistance from [Student Support Resources](#).

Mental Health Assistance

[Counseling & Psychological Services \(CaPS\)](#)

- 412-268-2922
- cmu.edu/counseling

All students currently enrolled at the Pittsburgh campus are eligible for services at CaPS at no additional cost to them. All services are confidential.

[TimelyCare](#)

TimelyCare is a free virtual telehealth service available to all undergraduate and graduate Pittsburgh-based CMU students. The service is accessible via the app, TimelyCare Health & Well-being and via the web platform, timelycare.com/cmu.

- TalkNow is 24/7, unlimited, virtual on-demand access to mental health professionals and is available internationally.
- Scheduled Counseling and Health Coaching are scheduled options and are available nationally. Schedule Counseling includes 12 virtual visits per academic year with a licensed counselor. Health Coaching includes unlimited virtual visits with a health coach.
- Wellness content includes Peer Community, a nationwide, student peer-to-peer support community, and Self-Care Journeys, immediate access to on-demand yoga sessions, quick and simple recipes, audio meditations, and easy-to-use guides.

[National Crisis Lifeline](#): For persons in distress or experiencing thoughts of harming themselves, call or text 988.

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Safety and Security Concerns

- [Carnegie Mellon University Police Department](#) will assist with immediate safety concerns, event risk planning, crime reports, and contacting Student Affairs on-call staff.
- For on-campus emergencies or to report a crime: 412-268-2323.
- For off-campus emergencies or to report a crime, please dial 911.
- For event risk planning or questions that do not require an immediate response, please send an email to campuspd@andrew.cmu.edu. This email address should not be used to report issues or concerns that are currently occurring. In these situations, call 412-268-2323 or 911.

Carnegie Mellon University Ethics Hotline

CMU community members are encouraged to report suspected violations through established channels (such as University Police). However, in situations where one prefers to remain anonymous, CMU provides a hotline that all members of the university community should use to confidentially report suspected unethical or illegal activity relating to financial matters, academic and student life, human relations, health and campus safety or research.

- Call: 844-587-0793
- Visit: cmu.ethicspoint.com
- Submissions are reported to appropriate university personnel and handled discreetly. Any student, staff member, faculty member, third party or campus visitor may report a bias incident by visiting cmu.ethicspoint.com. If desired, the reporter can submit the report anonymously. Once the report is received, a confirmation of receipt will be sent.

Campus Climate and Bias Reporting Protocol

The [Campus Climate and Bias Reporting Protocol \(CCBRP\)](#) is a mechanism for reporting and informally resolving incidents of alleged bias focusing on education, restoration, and strengthening and upholding our core values as a university community. Additional information on reporting bias is available on the [CCBRP website](#).

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CMU Cares Referral Form

Any member of the CMU community, alumni, family member or friend may use the [CMU Cares Referral Form](#) if they know or feel a CMU student may need non-crisis support or assistance due to behavioral, mental health and well-being concerns. This form refers the student of concern to [Student Support Resources](#) (412-268-2075) coordinators who will assess, reach out to students, and engage the appropriate resources. Staff respond to forms Monday through Friday, 8:30 a.m. through 4:30 p.m.

Meeting room or space assistance

Please continue to use [25 Live](#) for meeting space reservations. If you are unable to find a room through 25 Live for non-routine meeting space needs, please have your organization leaders call the Office of the Dean of Students at 412-268-2075. To best assist you, please allow 48 hours advance notice if possible.

Event Risk Assessment

- [Planning & Promoting Your Student Organization Events](#)
- [Event Planning Forms](#)
- For more detailed information about the University's Risk Philosophy, please visit the [Enterprise Risk Management website](#)

General Health and Well-Being Information and Resources

- [Community Health and Well-Being](#) website
- Student Affairs website: [Student Support & Resources](#)

OTHER EVENTS & RESOURCES FOR SUPPORTING STUDENTS AND FACULTY

DEMOCRACY DAY

Democracy Day

Tuesday, November 7, 2023

Keynote Address from 2 - 3 p.m. in McConomy Auditorium

Psychology of Democracy: How Democracies Turn Bad Choices by Irrational Voters into Positive Outcomes for Citizens

Have you ever wondered how a government "of the people, by the people, and for the people" can still function when "the people" are so obviously incompetent? We live in a world where many voters can't find the United States on a map and where emotion seems to drive electoral outcomes more than reasoned debate. In that environment, it is easy to develop a belief that our democracy is hopeless. And yet the citizens of democracies are healthier, wealthier, safer, freer, and more educated than citizens of other countries. How can the outcomes of democracies be so good when the inputs are so bad? In this talk, Professor Danny Oppenheimer will explore both sides of this paradox of democracy - the frightening ignorance and irrationality of the voters, and the reassuring evidence that despite that, democracies interact with human psychology to create stronger and more effective societies. Registration is not required.

“Tech at a Turning Point?” with Zeve Sanderson from 3:15 - 4 p.m. in Peter, McKenna, Wright

Join a discussion and Q&A session with Zeve Sanderson, executive director of NYU's Center for Social Media and Politics, where we will explore the interplay between digital discourse and democratic processes on the cusp of elections. This interactive session will focus on the complexities of online information dissemination, the challenges in digital spaces and the innovative methods to safeguard information integrity. Drawing from his rich academic insights and practical experiences with international NGOs, Sanderson will engage attendees in a vital conversation about the current digital political landscape and the pivotal role of social media in shaping modern-day democracy. Registration is not required.

Kabosh Theatre presents “Green and Blue” from 4 - 5:15 p.m. in Studio Theatre

“Green and Blue” is a play that explores the painful and humorous realities faced by the individuals who patrolled the border during the height of the Irish conflict. Based on an oral archive of serving RUC and An Garda Síochána officers, this new production fuses theater and film to look at the person behind the uniform and the different experiences of two individuals on either side of a line in the ground. “Green and Blue” premieres as part of the Ulster Bank Belfast International Arts Festival before touring Ireland. Registration is not required.

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ADDITIONAL RESOURCES

Eberly Center Seminar: “Teaching Inclusively: Teaching in Tumultuous Times”

Wednesday, November 8, 2023, 9 - 10:30 a.m.

Zoom link will be included in confirmation email.

Instruction can be difficult for both teachers and students following a major incident or tragedy. These events may take an emotional and cognitive toll on students, disrupt their lives, and interfere with learning for extended periods of time. Students’ proximity to such an event does not always determine their response. For example, students may be seriously affected by incidents that involve total strangers. Additionally, students’ surface responses may not be indicative of the actual effect. As an instructor, it’s important to consider the impacts such events have on students as human beings and learners. In this seminar, we will discuss considerations for determining whether to address an event in the classroom and develop multiple strategies for addressing distressing events in your classes. Register at <https://seminars.eberly.cmu.edu/>

See also: Eberly Center resource on [Teaching in Tumultuous Times](#).

Antisemitism Lecture: Educating & Empowering Communities Against Antisemitism: Strategies for Change, Our Collective Responsibility

Tuesday, November 14, 2023, 5 - 6:15pm

Simmons Auditorium, Tepper Building

Rabbi Charlie Cytron-Walker, Rabbi & Survivor of Synagogue Hostage Crisis Join us for a thought-provoking and compelling presentation by Rabbi Cytron-Walker, who will share reflections on his experience as a survivor of the synagogue hostage crisis at Temple Emanuel in Winston-Salem, North Carolina, in July 2022. Honoring the lives lost due to hatred, Rabbi Cytron-Walker will provide insights on combating antisemitism through education and empowerment. At this event, we will explore actionable strategies for creating a more inclusive and unified society and discover how we take on the collective responsibility of eradicating hate and prejudice, paving the way for a brighter and more harmonious future for all. [Please register by Friday, 10 November 2023.](#)

Professional Development for Faculty and Staff Related to Community Health and Wellness

Dates are set for a 90-minute faculty-designed professional development opportunity meant to serve as a broad overview of how best to aid students in distress. This session was created following recommendations from several working groups of the Taskforce on the CMU Experience and frequent requests from faculty and students themselves. In 2019, the provost commissioned a committee to develop the workshop goals, objectives, and content. The

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committee was chaired by the Vice Provost for Faculty and the Associate Vice President for Community Health and Well-Being. The workshops were first presented to academic departments in 2020 and are now being opened to all faculty to register individually in addition to offerings to departments. The Office of the Vice Provost for Faculty is working to encourage faculty to attend. Following this session, faculty should be able to:

- articulate key findings about the CMU student mental health experience;
- describe the vital role of faculty in supporting students;
- identify the appropriate methods to assist students; and
- describe the available support resources on campus.

You can [host a session](#) for your department or organization OR individual faculty members are invited to attend any of the upcoming sessions:

- November 28, 2023
- January 12, 2024

Please contact chwb@andrew.cmu.edu for questions or additional information.

Additionally, three trainings offered by Academic Impressions are available free to CMU Affiliates through our institutional membership.

- Incorporating Trauma-Informed Practices into the Classroom:
<https://www.academicimpressions.com/courses/0523-trauma-classroom-sfwd/>
- Actualize Your Purpose: A Workshop on Improving Your Well-Being:
<https://www.academicimpressions.com/courses/0923-actualize-purpose-sfwd/>
- Preparing for Difficult Conversations as Faculty:
<https://www.academicimpressions.com/event/1123-diff-convo-faculty-live/>

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