SAFETY AND WELLNESS

IMPORTANT NUMBERS

In an emergency, always call 911.

Safe Campus:
206-685-SAFE (206-685-7233)

To report criminal activity to UW Police:
Non-emergency: 206-685-UWPD (8973)
Anonymous Tips: 206-685-TIPS (8477)

HEALTH AND SAFETY PLANS

Philosophy faculty, staff, graduate students and visitors are required to be familiar with the following plans:
- Fire Safety and Evacuation Plan for Savery Hall
- Health and Safety Plan for the Department of Philosophy

DEPARTMENTAL SAFETY INFORMATION

- First aid kits are located in Savery Hall, Rooms 361 and 373
- Incident/Accident report forms are located online. Don't forget that you should report "near misses" too!
- Do not use elevators during an emergency evacuation
- Evacuation assembly points are Denny Yard and the Quad
- Feedback for the Chair (anonymous - for faculty, staff, and graduate students)

CAMPUS SAFETY AND EMERGENCY RESOURCES

The UW has many resources to ensure campus safety and emergency preparedness. We encourage you to become familiar with what's available before an emergency arises. And remember, if you see something, say something.

UW SAFETY PORTAL

UW's Safety Portal is a great place to start when looking for any kind of safety/crisis management information. Many of the resources listed below concerning physical safety, violence prevention, environmental hazards, and physical and mental health and wellness can be reached via the Safety Portal.

- UW Alert - notifications of emergencies or crisis situations that may disrupt the normal operations of the University.
  Sign up for UW Alert
- SafeZone - a smartphone app for sharing your location and requesting assistance while on UW campus (log in using your @uw.edu email and your UWNetID and password)
- Safe Campus - acts as the central point of communication and the coordinating unit for violence mitigation activities across the UW. Call 206-685-SAFE (206-685-7233) 24/7 to speak with staff specially trained to receive reports of potentially violent situations and provide resources and referrals to UW services.
- Active Shooter - Campus Emergency Procedures - This resource from the UW Police Department provides procedures for how to handle an emergency situation involving an active shooter, as well as provides links to additional video information and a training resources page
The Bias Incident Advisory Committee collects information on bias-related incidents that may impact the University of Washington community, using an online Bias Incident Report Form. Bias Incidents might include: Damage or Destruction of Property, Discrimination, Graffiti, Harassment, Intimidation, Physical Attack, Stalking, Theft/Stolen Property, Threat/Use of force, Verbal Attack, Vandalism, etc.

If you experience or witness a "bias incident" the UW requests that you report it through the Bias Incident Report Form. Do your best to note the details of the time, location, and nature of the incident. If possible (in the case of vandalism or threatening flyers, etc.) take a photo to include in the report. The form includes a place to upload documentation.

You may submit a bias incident report anonymously, or you may include your name and request someone follow up with you regarding the report.

Note: While it is important to document incidents of bias on campus, this form does not take the place of calling 911 or reporting a crime to the UW Police. Use the Bias Incident Report Form in conjunction with other campus safety resources.

DIGITAL SAFETY

- Digital Wellness 101: Taking Control of Your Life Online
- Cyber Safety 101
- Doxxing Resources - from UAW Local 4121

CAMPUS WELLNESS RESOURCES

- Husky Health & Well-Being - All your health services in one place
- UW Mindfulness Project - The UW Mindfulness Project works to promote healthy maintenance of mental and emotional wellness by providing a unique space and proactive programs dedicated to mindfulness-based practices that encourage students to slow down, reflect, and connect.
- Hall Health - Hall Health Center is an outpatient clinic that provides health care to University of Washington students, alumni, faculty, and staff as well as the general community. Hall Health's clinics and service include: Primary Care, Mental Health, Women's Health, Family Medicine, Travel Clinic, Immunization, Physical Therapy, and others, in addition to Lab Services and a full service Pharmacy.
  - Hall Health Mental Health - For brief treatment approach to individual and couples therapy, as well as crisis counseling, group therapy and support groups, mindfulness meditation, and other resources
- Counseling Center - The Counseling Center is a mental health resource where currently enrolled students can receive assistance with adjustment issues, depression, anxiety, relationship concerns, and a variety of other challenges. It is staffed by psychologists and mental health counselors who provide developmentally-based counseling, assessment, and crisis intervention services. Students currently enrolled in tuition-based, degree seeking programs at the UW Seattle campus are generally eligible for services at the Counseling Center.
  - Online Mental Health Screening - Here you can take the opportunity to fill out a brief self-assessment test for Depression, Bipolar Disorder, Generalized Anxiety Disorder, Alcohol or Post-Traumatic Stress Disorder, which you could later discuss with a counselor at the Counseling Center
- LiveWell - This is an office dedicated solely to the wellbeing of UW students. They offer one-on-one meetings with students to discuss resources and options, confidential victim advocacy, drug and alcohol education, a suicide intervention program, and more.

BEYOND CAMPUS -- KING COUNTY & WASHINGTON STATE COMMUNITY RESOURCES

- King County Emergency Services - Provides links to services in King County including emergency shelters, services, medical services, reentry assistance, housing, and food
- King County Social Services
- **Washington State 2-1-1** - statewide database of community resources
- **Compilation of resources on UW Campus, Seattle, and Beyond** [Working google doc] (from Department of Anthropology)

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