



# Help for You or a Friend

## Student Wellness & Health Promotion

### For concerns about drugs or alcohol:

If you are concerned about your own drinking or drug use, or that of a friend, please call us at 302-831-3457 to set up a confidential appointment to explore your concerns, receive support, and to receive assistance in accessing additional resources. We are here for you!

[sites.udel.edu/studentwellness/substance-use/](https://sites.udel.edu/studentwellness/substance-use/)

If you or a friend are in recovery from drugs or alcohol, or are wondering whether recovery is for you, our Collegiate Recovery Community can help. Contact [jestok@udel.edu](mailto:jestok@udel.edu) for more info.

[sites.udel.edu/collegiate-recovery](https://sites.udel.edu/collegiate-recovery)



### For concerns about sexual assault, intimate partner violence, or stalking:

S.O.S. services are for victims of sexual assault, intimate partner violence, sexual harassment, and stalking, and for anyone supporting a victim. Call UD Helpline 24/7/365 at 302-831-1001 & **press 1**, and ask to talk with an Advocate. Clinician will take a first name and phone number and hang up. S.O.S. Advocate will call you back within 10 minutes. Advocates provide support, options, referrals, information, answer questions, accompany victims to the hospital, and more.

[sites.udel.edu/sos](https://sites.udel.edu/sos)



Follow-up confidential counseling and ongoing victim advocacy are provided by certified, professional advocate/counselors at Student Wellness & Health Promotion. This includes assistance with: academic accommodations, safety planning, on and off campus resources, criminal and conduct processes, financial compensation, housing changes, and more. Call 302-831-3457 for a confidential appointment.

[sites.udel.edu/studentwellness/victim-services/](https://sites.udel.edu/studentwellness/victim-services/)

All adults in Delaware are mandated to report ongoing child abuse, or past sexual abuse that has not previously been reported to authorities. Learn more: <https://tinyurl.com/y84n82br>

Your rights under Title IX: <https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/sex.html>

Your rights in the UD Sexual Misconduct Process: [sites.udel.edu/sexualmisconduct/](https://sites.udel.edu/sexualmisconduct/)

### For general safety:

UD Police encourages you to download the LiveSafe app from iTunes or Google Play to your smart phone or device. Select "University of Delaware" as your school. Fill in your name and contact information. The app offers peer-to-peer location tracking, emergency info and direct calling, a safety map, and anonymous reporting. You can always call 911 or 302-831-2222 for police assistance.

[www.udel.edu/police/livesafe](https://www.udel.edu/police/livesafe)

