



UPSTANDER TOOL KIT

You choose the tool:

- » Stay safe
- » Early intervention is best
- » Employ effective helping



DIRECT



DOCUMENT



DISTRACT



DELEGATE



DELAY



STUDENT RESOURCES

Counseling and Psychological Services (CAPS)

Confidential and free

📍 Student Life Center, Rm 2031

☎ 24/7 support: 402-559-7276; press 2

🌐 unmc.edu/student-success/support-services/counseling

Gender and Sexuality Resource Center (GSRC)

Confidential and free

📍 Student Life Center, Rm 2031

☎ Victim and survivor advocacy:
402-559-7276

🌐 unmc.edu/student-success/student-life/gender-sexuality-resource-center

EMPLOYEE RESOURCES

Arbor Family Counseling

Confidential and free

☎ Employee Assistance Program:
308-330-0960

🌐 arborfamilycounseling.com

EMPLOYEE & STUDENT RESOURCES

UNMC Public Safety

☎ Emergencies: 402-559-5555 | 911

☎ Non-emergencies: 402-559-5111

🌐 unmc.edu/aboutus/public-safety

Title IX Office

Carmen Sirizzotti, Title IX Coordinator

✉ csirizzotti@unmc.edu

☎ 402-559-2710

🌐 unmc.edu/titleix

UNMC Ethics Point

☎ UNMC Compliance Hotline:
1-844-348-9584

🌐 <https://secure.ethicspoint.com>