

# CAMPUS AND COMMUNITY RESOURCES WORKSHEET

You should delete this directions page before printing, posting, and sharing this information with chapter members.

## GOAL

This Campus and Community Resources Worksheet is to help members be informed about your college/university's resources and resources available in your community. The following information should be made available to all members of the chapter.

## HOW TO USE THIS DOCUMENT

- Update the worksheet to include information in all categories.
- Change titles of resources to the appropriate names of the office/center, etc.
- Change the community resource page to reflect the name of the town(s) where your college/university is located.
- Ensure that you're including contact information, services provided, and hours for each resource.
- Update the footer to state when the worksheet was last updated.

## HOW TO FIND LOCAL RESOURCES

- Utilize ULifeline to find local resources on campus.
- Utilize search engines to find community resources and services.
- Utilize your college/university's website to find resources on campus.
- Talk to your fraternity/sorority advisor, they should be connected to resources already or be able to help you find them.

Not all, but many colleges and university campuses also utilize Crisis Assessment and Intervention Teams (CAITs) or Crisis Management and Behavioral Intervention Teams (CMBITs). These teams are composed of professional staff that identify, assess and offer a coordinated institutional response to any student who poses a risk to themselves, others and/or the campus community. These teams should have a webpage on your college or university's website. They may also provide online systems to report concerning student behavior. Include that information in the appropriate location.

## HOW TO DISTRIBUTE THIS WORKSHEET

- Don't forget to delete this first page.
- If a category's information is spread across multiple pages, insert a page break before so that all information is on the same page.
- Turn the word document into a PDF.
- Share the information at the first chapter meeting of each academic term.
- Post in common places for members to view, whether this is in the shelter, common chapter space, or virtually in a shared drive or GroupMe.
- Email the resources to all members.
- Utilize the information to create social media graphics and share on the chapters platforms.

## **CAMPUS AND CHAPTER RESOURCES**

Call 911 in the case of serious or life-threatening emergencies.

### **Counseling and Psychological Services**

Phone:

Website:

Hours:

After-Hours Contact Number:

Location:

Services provided:

### **College or University Health Center or Services**

Phone:

Website:

Hours:

After-Hours Contact Number:

Location:

Services provided:

### **Campus Recreation Center**

Phone:

Website:

Hours:

Location:

Services provided:

### **Substance Use Intervention Services**

Phone:

Website:

Hours:

Location:

Services provided:

### **Collegiate Recovery Community**

Phone:

Website:

Hours:

Location:

Services provided:

### **Tobacco/Vaping Cessation Services**

Phone:

Website:

Hours:

Location:

Services provided:

### **Campus Women's Center/Sexual Violence Prevention**

Phone:

Website:

Hours:

After-Hours Contact Number:

Location:

Services provided:

### **Confidential Victim Advocates**

Phone:

Website:

Hours:

Location:

Services provided:

### **Sexual Health Services**

Phone:

Website:

Hours:

Location:

Services provided:

### **Nutrition and/or Weight Management Services**

Phone:

Website:

Hours:

Location:

Services provided:

### **LGBTQ+ Resource Center**

Phone:

Website:

Hours:

Location:

Services provided:

### **Cultural Resource Center(s)**

Phone:

Website:

Hours:

Location:

Services provided:

**National Suicide Prevention Lifeline:** 800-273-TALK

### **Talkspace**

Talkspace makes it easy to connect with fully licensed, highly respected counselors via text, audio or video messages from your browser or smartphone. Undergraduate members have access to Talkspace for one month at no cost. Talkspace is completely optional and 100 percent anonymous and secure.

To get started, visit [talkspace.com/delts](https://talkspace.com/delts) and enter the email address that Delta Tau Delta has on file for you (this may be your personal or school email address). You should receive a confirmation email within five minutes, if you don't receive the confirmation email, please try another email address.

### **Delt ULifeline**

Visit [delt.ulifeline.org](https://delt.ulifeline.org) to access additional resources available only to members of Delta Tau Delta.