

Inclusive Community Support and Resources Prior and Post-Election Day

Engaging in the election process as an advocate, ally, and activist is a part of civic duty. The efforts by many during this process is important in staying informed on local, state and national levels. We recognize that the months and days leading up to and after an election involve a lot of energy, emotional labor and personal sacrifice in the commitment towards equity and justice.

We compiled various resources and community support spaces for faculty, staff and students that will occur throughout the month of November. Our existence and being is critical to advancing the continued work of diversity, equity and inclusion, we hope that you will provide space for your individual well-being and come together as a community.

Student Campus Resources

Student Counseling Services (SCC)

The TTU Crisis HelpLine (806-742-5555) is available 24 hours a day for any student in immediate crisis. The phone counselors are knowledgeable about our services and, in addition to providing immediate help, can facilitate ongoing help with the SCC.

If a student calls our main office (806-742-3674) during business hours M-F 8-5 and is in noticeable distress, our support staff will transfer the call to one of our SCC counselors or transfer to the Crisis HelpLine if counselors are in a session.

- [SCC Crisis Intervention Services](#)

Campus Inclusion Resource Team & Incident Reporting - [File a Report Here](#)

The CIRT serves to connect students affected by acts of bias to appropriate University resources and support, and to inform education and outreach efforts that promote a safe, inclusive learning environment for all Red Raiders.

[Office of the Dean of Students](#) - Reporting Incidences & Concerns

The Office of the Dean of Students leads an effort focused on non-academic matters affecting student life, student success, and student learning. The Office of the Dean of Students is dedicated to encouraging student responsibility and leadership.

[Office for the Student Civil Rights & Sexual Misconduct](#) - Provide Supportive Measures & Reporting

The Office for the Student Civil Rights & Sexual Misconduct can provide supportive measures during this time that include letters of support for missing courses on election day and post-election. You can report incidences of sexual misconduct, interpersonal violence, harassment, and discrimination to Case Managers and CARE Coordinators that provide students with an individualized support plan, discuss reporting options and the formal grievance process.

[Division of Diversity, Equity & Inclusion](#) - We are here for you!

The Division of Diversity, Equity & Inclusion is here for you! Our staff is available to meet with individuals that want to talk about diversity, equity, social justice, inclusion and other related topics and experiences. Connect with us through in-person appointments and virtual appointments. Please wear a mask if meeting in person.

- ***Want to speak with someone or schedule an appointment?***
 - Call 806-742-7025
 - Doak Hall, 101
 - Diversity@ttu.edu

[Risk Intervention & Safety Education \(RISE\)](#)

- **Drop-In Support with RISE Graduate Students** - Students can schedule a short appointment with a RISE graduate student to learn about campus and community resources, ask questions, etc. This is not counseling, but just another opportunity for a student to get connected with someone who cares. To schedule an appointment, a student should follow the links below.
 - [Schedule an appointment with Jacob](#)
 - [Schedule an appointment with Emma](#)
- **Drop-In Support with RISE Peer Educators** – Starting 11/5 at 11am, The RISE Peer Educators are offering drop-in support for students. Registration is required and available [here](#). You can also point a student to the RISE social media pages for links to register.

Family Therapy Clinic | Human Sciences 164 | 806.742.3074

For more information or to request an appointment, call the Family Therapy Clinic (806.742.3074). The Clinic Coordinator will ask for basic information about you and your concerns. Based on your needs, a therapist will then be assigned to work with you. In most cases, the 1st appointment will be scheduled the same week that you call. Fees are based on a sliding scale and start at \$10 per session.

Psychology Clinic | Psychology 111A | 806.742.3737

The clinic offers a broad range of outpatient mental health services, which include individual therapy, family therapy, couples therapy, and group therapy. The Psychology Clinic does not offer crisis or same-day services and fees are based on a sliding scale.

Faculty & Staff Resources

[Employee Assistance Program](#)

Employees who are experiencing personal problems are encouraged to seek the private and confidential services of the EAP whose staff of trained professionals are committed to providing quality counseling and assistance for individuals, couples, families, and work groups.

[The Office of Equal Opportunity](#)

The Office of Equal Opportunity (EO) upholds each institution's anti-discrimination and anti-retaliation policies and ensures that employees and applicants of the Texas Tech University System are treated fairly, equally and respectfully.

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Teaching and the Election Resources

- [***Teaching Around the Election: Flexibility, Acknowledgement and Other Strategies***](#)
- [***Teaching and the Election***](#)

- ***Sustain Learning through Current Events***
- ***<https://www.facultydiversity.org/support>***
- ***<https://www.adl.org/education/resources/tools-and-strategies/9-ways-to-teach-about-the-election-a-social-justice>***

Campus Events

Student Intersectional Leadership Council: General Body Meeting – Tues., November 3 | 6pm-7pm – Virtual, <https://zoom.us/j/96550744466>

SILC will be hosting their bi-weekly update meeting. We will also be kicking off Indigenous Peoples' Heritage Month.

Student Intersectional Leadership Council: Latinx Heritage Month Committee – Wednesday., November 4 | 5pm-6pm – Virtual, <https://zoom.us/j/94083600171>

Hear from Chief Accounting Officer, Bruny Rios, as she speaks to her experience as a LatinX executive at Dell Technologies, lessons learned along the way, and what students can do now to better prepare themselves for their first internship/professional position.

[IGNITE! Living Authentically: Promising Allyship for Transgender & Gender Non-Conforming Identities](#) – Wed., Nov. 4 | 2:00-3:30 p.m. - Virtual

Practicing Allyship to LGBTQIA people has many positive impacts on the well-being and inclusion of all members of our community. This session will focus specifically on the practice of Allyship with transgender and gender non-conforming individuals through supporting them in being their authentic selves. Participants will learn about the distinctions between gender expression, gender identity, and biological sex, as well as about gender-inclusive pronouns and cisgender privilege. Participants will also brainstorm ways of practicing Allyship in their everyday lives. We will also make space to process and discuss how the political environment can inform our practices of allyship.

Dream Resource Center: Self-Care Workshop – Wed., November 4 | 4pm-5pm – Via Zoom: <https://zoom.us/j/94869807368>

The Dream Resource Center is hosting a self-care workshop for students who are DREAMers or have mixed-family statuses. We would love to have you join us for an hour of self-care strategies, presented by John Purcell from the Student Counseling Center!

[Queer/Trans Students of Color Affinity Space \(QTSOC\)](#) - Wed., November 4 | 7:30-8:30 p.m. - Virtual The Office of LGBTQIA Education & Engagement recognizes that systemic racism, homophobia, and transphobia disproportionately impact LGBTQIA students of color. The Queer/Trans Students of Color Affinity Space is one way for the Office to support our LGBTQIA students of color. This week, in addition to general conversation, the facilitators will lead a discussion on post-election self-soothing, self-care, and community-care. We ask that individuals only participate in this affinity space if they self-identify as both BIPOC (Black, Indigenous, person of color) and as LGBTQIA+ (lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual). Learn more about the group at the [Office webpage](#). Feel free to direct any questions to Office administrator [Stephen Chao](#).

Mentor Tech Hangout “Coffee & Conversations” – Wednesday, November 4 | 5:30-7:30 p.m. – Virtual

Mentor Tech will be hosting its 4th Mentor Hangout this semester and is inviting both Mentors and Protégés to join. We will be highlighting self-care techniques, as well as navigating community building and network of supports. Contact Mica Curtis-Wilson at mentor@ttu.edu to register.

Community Healing Spaces – Thursdays beginning November 5 | 5:30pm-7pm – Virtual, [Register Here](#), Registration is required

The community healing space is a place for Black, Indigenous, and People of Color (BIPOC) in conjunction with the broader Texas Tech Community to come together and process the effects of societal “isms”, obtain valuable resources, explore strategies for self-care, and share education on how to move forward as a unified and thriving campus community.

Tree Food: Forests, Indigenous American Cuisines and Native Food Sovereignty – Thurs., November 5 | 7:30pm Virtual, [Register Here](#)

First-Gen REcharge series (as part of First-Gen Week) - Nov. 8 - Nov. 13

As part of First-Gen Week, the Tech community is invited to attend events focused on well-being and self.

<http://www.depts.ttu.edu/diversity/FGTMP/FirstGenWeek/events.php>

- 11/9 Self Care Monday w/ the Counseling Center 2pm - 3pm | [zoom link](#)
- 11/10 Yoga In the Park 9am - 10am | [zoom link](#)
- 11/11 Meditation | 10am - 11am | [zoom link](#)
- 11/12 Yoga In the Park | 9am - 10am | [zoom link](#)

Forest Restoration Theory and Practice Based on Indigenous Cultural Tending Lecture – Thurs., Nov. 12 | 7:30pm Virtual, [Register Here](#)

RISE - Self-Care in 2020 – Tuesdays at 2pm | Virtual

Austin Wade and Brittany Todd host weekly skill building groups focused on coping with the stress of 2020. Groups are held on Tuesdays at 2pm. To register, a student can email Brittany.Todd@ttu.edu for a Zoom link.

RISE - Wreck ‘Em Wednesdays – [Tolerance & Navigating Difficult Conversations Video Resource](#)

RISE hosts Wreck ‘Em Wednesdays on Instagram each Wednesday. Tolerance and navigating difficult conversations were discussed last week and the link to the video is [here](#).

Community Resources

StarCare of Lubbock 806.740.1421 | 1950 Aspen Ave.

Psychiatric evaluation, medication management, rehabilitation, substance use services, hospital, 23-hour Extended Observation Unit, outpatient clinic, mental health first aid, youth empowerment, and more. Call to inquire about services.

StarCare Crisis Line 806.740.1414 | 800.687.7581

Lubbock Police Department

In the event of an emergency, please dial 911. Anyone who believes there is a threat of violence should call 911. The non-emergency number is (806) 775-2865.

National Resources

Campus Election Engagement Project

National Institute for Civil Discourse

Define American

5 Ways to Manage Politically Induced Stress