

Discrimination, Harassment and Sexual Violence

Resources for Students and Employees



METRO STATE
UNIVERSITY

OFFICE OF EQUITY AND INCLUSION

The following information aims to bring support to our students and employees by connecting them with on and off campus resources and community networks to assist them through their experiences and help them achieve their educational and professional goals.

CONFIDENTIAL

ON CAMPUS RESOURCES

**Confidential resource means that the information shared will not become part of an educational/employment record unless there is a legal or ethical exception to confidentiality that is met.*

Employee Assistance Program

1-800-657-3719 or 651-259-3840 | *Support line available 24/7

<https://mn.gov/mmb/segip/health-and-wellbeing/eap/work-life-services.jsp>

- Chat available 24/7, text “Hello” to 61295.
- Provides up to six (6) free and confidential counseling sessions for you and your family per person, per year, per topic.
- Refers and helps to connect employees to resources within their community including issues such as childcare, elder care, and legal and financial assistance.

Student Counseling, Health, and Wellness

Founders Hall 221 | 651-793-1568

<https://www.metrostate.edu/students/support/counseling-health-wellness>

- Support is available 24/7 through the Metro Cares Crisis line.
- Make an appointment from Monday–Friday: 8:30 a.m. to 5 p.m. by phone or online at: <https://metrostate-cs.titaniumhwc.com/>
- Offers individual and group counseling sessions/workshops in many areas including: interpersonal relationships, stress and time management, social/sexual difficulties, grief and loss, emotional issues, eating concerns, academic concerns, conflict resolution, mental health, suicide prevention, and intervention.
- Services are free of charge for students.

Women’s and LGBTQ Student Services

Founders Hall 140 | 651-793-1544 | Email at: wlgbtq@metrostate.edu

<https://www.metrostate.edu/about/departments/womens-lgbtq-student-services>

- Provides referrals to community organizations related to women’s and LGBTQ+ issues including domestic violence, birth control, STIs, hormone therapy, counseling, and more.

- Conducts workshops and presentations in ally development and anti-sexual violence training, and hosts events that address and reflect women's and LGBTQ+ experiences.
- Offers confidential advocacy services and information about academic, legal, medical, and emotional resources for those who have experienced sex, gender, gender identity/expression, and sexual orientation discrimination, as well as survivors of sexual assault, relationship violence, and stalking.

NON-CONFIDENTIAL

ON CAMPUS RESOURCES

**These resources are not confidential and the individuals within these offices may have reporting obligations, meaning the information may not stay between you and them and may need to be shared with other offices including but not limited to the Office of Equity and Inclusion and Campus Security.*

Alcohol and Drug Abuse Prevention Program

Founders Hall 221 |

<https://www.metrostate.edu/students/support/alcohol-drug-prevention>

- Provides information and resources to help university community members make responsible choices regarding alcohol and illicit drugs including self-assessment screenings, education, and treatment programs.
- Counselors who are free and confidential assist students dealing with personal concerns that might interfere with their academic work while at the University.

American Indian Student Services

Founders Hall 201A | 651-793-1543 | Email at: native.circle@metrostate.edu

<https://www.metrostate.edu/students/support/american-indian-student-services>

- Provides culturally appropriate student support services designed to enhance academic, personal, and professional success of American Indian students.
- Works with the American Indian student organization VOICES (Voices of Indian Council for Educational Success), which promotes the recognition of American Indian students on campus through cultural activities and social events designed to bring American Indian students together.
- Oversees the American Indian Advisory Committee (AIAC) who maintains instructional programs and student services to meet the unique needs of American Indian people.

- Assists students in achieving academic success and providing advocacy on campus to create an environment conducive to the retention and graduation of American Indian students.

Asian American Student Services

Founders Hall 2nd floor | 651-793-1543 | Email at:

aanpistudents@metrostate.edu

<https://www.metrostate.edu/students/support/asian-american-student-services>

- Creates a student-centered environment that embraces and celebrates all students, particularly those from first-generation, underrepresented, and marginalized communities.
- Offers academic advising, advocacy services, community involvement, cultural counseling, cultural programming, leadership development, and work study opportunities for Asian American students.
- Connects students to on campus and community resources.

Black, African and African American Support Services

Founders Hall 235 | 651-793-1541 | Email at: blackstudents@metrostate.edu

<https://www.metrostate.edu/students/support/african-and-african-american-student>

- Works to aid and facilitate the academic success of incoming, current, and graduating Black, African and African American students.
- Supports students through academic advising, making community connections, creating, and sponsoring cultural programming, offering leadership opportunities, and making referrals to campus resources.
- Assists students in achieving academic success and providing advocacy on campus to help create an environment conducive to the retention and graduation of students of color.

Collegiate Recovery Program

Founders Hall 228 & Midway Center Room F | 651-793-1579 | Email at:

collegiate.recovery@metrostate.edu

<https://www.metrostate.edu/students/support/collegiate-recovery-program>

- Offers support to students working toward long-term recovery to increase overall well-being and meet educational, professional, and personal goals.
- Fosters student-centered recovery through physical, mental, social, and spiritual wellbeing through culturally responsive services.
- Offers virtual support meetings every Tuesdays from 11:00 a.m. – 1:00 p.m. and Thursdays from 4:00 p.m.– 6:00 p.m.
- Individual appointments are also available in person or remote.

Dean of Students

Founders Hall 228 | 651-793-1507 | Email at:

dean.students@metrostate.edu

<https://www.metrostate.edu/about/departments/student-affairs>

- The Dean of Students oversees judicial affairs, the Multicultural, American Indian, and Retention (MAIR) Services, Student Life and Leadership Development, International Student Services, TRIO programs, Student and Parent Resource Center, and the Behavioral Intervention Team.
- Reports of alleged violations of the Student Code of Conduct can be submitted at: https://cm.maxient.com/reportingform.php?MetroStateUniv&layout_id=2
- If you are concerned about a student or a friend's behaviors or actions or if you think a student may cause harm to themselves or others, you can make a referral to the Behavioral Intervention Team by completing the following form: https://cm.maxient.com/reportingform.php?MetroStateUniv&layout_id=6

Food for Thought food pantry

Saint John's Hall L10 | 651-793-1571

<https://www.metrostate.edu/students/support/food-for-thought>

- Operates a food choice program, so students may choose their own food up to 30 pounds for a household of one. The pantry offers a variety of items, inventory may vary from month to month.
- Open Tuesdays and Wednesdays from 9:30 a.m. to 4:30 p.m. (schedule may vary during summer session, visit their website for updates).
- Free meals: made by local restaurants and come in single serving microwavable take-out trays. Students will be able to take up to 3 or more meals per day. The meals will vary from week to week and will include one meat option and one vegetarian option.
- Students who are unable to stop by during drop-in hours can schedule a food drop box or bag pick-up from the University library. Pick-ups can be scheduled online.
- To access this service, students need to complete an intake form one-time per academic school year. The form is available on the food pantry website.

International Student Services

Founders Hall 228 | 651-793-1315 | Email at:

international.studentservices@metrostate.edu

<https://www.metrostate.edu/students/support/international>

- Advises international students regarding immigration and visa processes, personal, academic, cultural, financial, and social issues.

- Plans workshops on employment issues, cultural adjustment, reentry issues, career planning, and other topics.
- Collaborates with other campus departments to promote cross-cultural awareness and to provide quality service to international students.
- Develops, plans, and implements orientation programs for new students and departments across campus.
- Connects students to on-campus resources and services to enhance their academic success.

Latinx and Undocumented Student Support Services

Founders Hall 240D | 651-793-1308 | Email at:

latinx.students@metrostate.edu

<https://www.metrostate.edu/students/support/latinx-undocumented-services>

- Refers students to on- and off-campus resources for health care, housing, internships and employment, food security, transportation, legal services, student support programs, such as scholarships and other needs.
- Offers a safe space to reflect on yourself, your family, and your community experiences, as well as culturally relevant programming and events.
- Assists students in completing applications for financial aid (FAFSA) and the Minnesota Dream Act State Grant.

Office of Human Resources

Founders Hall 305 | 651-793-1275 | Email at:

Human.Resources@metrostate.edu

<https://www.metrostate.edu/about/departments/hr>

- Provides information and advice on benefits, compensation, leave options, and collective bargaining agreements.
- Helps attract, retain, and develop a diverse group of highly competent and committed employees.
- Receives and investigates complaints under the Respectful Workplace Policy.

Office of Equity & Inclusion

Founders Hall 318 | 651-793-1270 | Email at: OEI@metrostate.edu or

TitleIXCoordinator@metrostate.edu

<https://www.metrostate.edu/about/diversity>

- Receives reports of discrimination/harassment/sexual violence in person, and remotely by phone, email, or online report form, available at: https://cm.maxient.com/reportingform.php?MetroStateUniv&layout_id=1

- Takes interim action and investigates allegations of nondiscrimination and sexual violence policies.
- Serves as University Title IX Coordinator and facilitates pregnant and parenting student accommodations.
- Connects individuals with on and off-campus resources.

Public Safety & Security

Founders Hall 321 | 651-793-1717 or 651-775-0444 | Email at:

safetyofficer.stpaul@metrostate.edu

<https://www.metrostate.edu/students/support/safety>

- Receives reports of crimes including but not limited to sexual violence, discrimination, or harassment.
- Connects students and staff to law enforcement officials and medical professionals, upon request.
- Provides security escort service 24/7 for students and staff to and from any University building and parking lot.
- Assists students and staff who have Orders for Protection and Harassment Restraining Orders in maintaining personal safety.

Student Parent and Resource Center

Saint John's Hall L14 | 651-793-1564 | Email at:

student.parentcenter@metrostate.edu

<https://www.metrostate.edu/students/support/student-parent-center>

- Assists students in navigating the challenges of parenthood while in school.
- The center is open on Tuesdays and Wednesdays from 9:30 a.m. to 4:30 p.m. This space is reserved for student parents and their children.
- Provides support services relating to childcare, parent education, pregnant and expecting students, lactation and breastfeeding, child development, and connection to on and off-campus resources.
- Offers grant funds to students who need assistance with childcare expenses.

Veteran Services

Founders Hall 201 | 651-793-1561 | Email at:

veterans.services@metrostate.edu

<https://www.metrostate.edu/students/support/veterans>

- Assists students with benefits applications, state and federal benefits advising, and receiving credit for military experience.
- Advises and assists on Federal and State education benefits.
- Supports our veteran students and their family members through: Education Assistance, Grants and Funding, Military Transcripts, and Mental Health Resources.

Minnesota Department of Health

*St. Paul, Minnesota | Email at: health.violenceprev@state.mn.us
<https://www.health.state.mn.us/communities/svp/index.html>*

- Works with communities who experience sexual violence at higher rates to create and share culturally specific prevention strategies.
- Shares sexual violence data in a way that supports anyone working to prevent sexual violence across the state.

Sexual Violence Center

*Minneapolis, Minnesota | 612-871-5111 | *24/7 free and confidential hotline
<https://www.sexualviolencecenter.org/>*

- Creates a safe, non-judgmental, and confidential space for victims and survivors to process their feelings, ask questions, request resources, work on coping techniques and safety planning, and pursue legal options.
- Offers a 24-hour crisis support line, advocacy services, support groups, and education and training.

SOS Sexual Violence Services

*St. Paul, Minnesota | 651-266-1000 | *24/7 free and confidential hotline
<https://www.ramseycounty.us/residents/health-medical/clinics-services/sos-sexual-violence-services>*

- Provides free and confidential services for victims of sexual violence, their partners, families, friends, and other concerned persons including 24-hour crisis support, information and support when reporting an assault or seeking medical care, medical advocacy, legal advocacy, safety planning, and open support group meetings.
- Individual short-term counseling is available to provide advocacy and support.
- The Sexual Assault Protocol can be viewed on their website.

The Family Partnership

*Minneapolis, Minnesota | 612-728-2061 (English/Spanish)
<https://www.thefamilypartnership.org/>*

- Provides cutting-edge services, including mental health therapy, early childhood education and care, family home visits and advocacy services, that break the intergenerational cycles of poverty, adversity, and trauma.

Tubman Family Crisis and Support Services

24/7 helpline available at 612-825-0000

<https://www.tubman.org/get-help/>

- Helps people of all ages, genders, and cultural backgrounds who have experienced relationship violence, elder abuse, addiction, sexual exploitation, or other forms of trauma.
- Provides support and help for safety planning, shelter & housing, legal services, youth programs, support groups, and mental and chemical health services.

Women's Advocates, Inc.

St. Paul, Minnesota | 651-227-8284 | *24/7 crisis line | Email at:

resources@wadvocates.org

<https://www.wadvocates.org/>

- Provides a secure emergency shelter and access to basic needs.
- Offers "safety after shelter" services including advocacy and violence prevention and education.

STATE - LEGAL

OFF CAMPUS RESOURCES

Central Minnesota Legal Services (CMLS)

Multiple Locations | 612-332-8151

<https://www.centralmnlegal.org/>

- Provides free legal help to low-income individuals and families to assist with civil legal issues. If you qualify, CMLS does not charge for legal services.

Children's Law Center of Minnesota

St. Paul | 651-644-4438 | Email at: info@clcmn.org

<https://clcmn.org/>

- Provides free legal advocacy for foster care youth in Minnesota.

Communication Service for the Deaf of Minnesota (CSD)

St. Paul, Minnesota | 877-456-7589 | Email at: info@thinkself.org

<https://thinkself.org/>

- CSD is a collection of companies that provide products, programs, and services designed to create opportunities for deaf people to succeed.
- Provides direct services to visitors, such as attorney referrals, confidential helplines, and interactive training.

Confederation of Somali Community of Minnesota (CSCM)

Minneapolis, Minnesota | 612-605-3222 | Email at: info@csc-mn.org
<https://csc-mn.org/>

- CSCM is a Somali education and youth development agency that focuses on building skills, creating safe spaces for young people to express themselves, and educating youth.
- Offers support such as: education, employment, housing, and more.

Disability Law Center

Minneapolis, Minnesota | 612-334-5970 or 1-800-292-4150 | Email at: info@mylegalaid.org
<https://mylegalaid.org/our-work/disability-law>

- Provides free civil legal assistance to individuals with disabilities statewide, regardless of age or income, on legal issues related to their disabilities.

Domestic Abuse Project (DAP)

Minneapolis, Minnesota | 612-874-7063 ext. 232 | Email at: dap@mndap.org
<https://www.mndap.org/dap-programs/change>

- Offers holistic healing for families impacted by domestic abuse through therapy, legal advocacy, prevention and survivor programs, and case management programs.
- If you are concerned about your partner's behavior or anger, reach out DAP's Intervention and Prevention Program, which offers group and individual therapy for adults using abusive behavior.

Domestic Abuse Service Center

Minneapolis, Minnesota | 612-348-5073 | Email at: safety@dayoneservices.org
<https://www.hennepinattorney.org/get-help/crime/domestic-abuse-service-center>

- Advocates help victims/survivors navigate the legal system by filling out paperwork and filing for Orders for Protection.
- Provides advocacy for victims/survivors in criminal domestic violence cases.

Gender Justice

St. Paul, Minnesota | 651-789-2090 | Email at: info@genderjustice.us
<https://www.genderjustice.us/>

- Engages in strategic and impact litigation in cases of gender inequality and transgender and gender non-conforming rights.

Hennepin County Victim Services

Hennepin County | 612-348-4003 (Adult Felony) | 612-348-7916 (Juvenile)

<https://www.hennepinattorney.org/get-help/crime/victim-services>

- Advocates support the victim and their family as a case moves through the criminal justice process.
- Advocates provide case updates, explain court procedures, answer questions, make referrals and offer other forms of assistance.

Law Help MN Guide

<https://www.lawhelpmn.org/>

- Connects people to legal aid groups that serve low-income residents.
- Offers a guide to connect people to a lawyer specializing in an area of legal concern.
- Provides self-help resources on a variety of legal rights and problems.

Mid-Minnesota Legal Aid

Multiple Locations | 612-334-5970 or 1-800-292-4150 | Email at:

info@mylegalaid.org

<https://mylegalaid.org/>

- Provides legal assistance to low-income Minnesota residents in civil matters, including but not limited to debt collection, disability related cases, divorce and child custody, domestic violence, elder abuse, housing discrimination and evictions, and immigration and citizenship.
- An application for legal assistance can be completed online or by calling.

Minnesota Indian Women's Sexual Assault Coalition

St. Paul, Minnesota | 651-646-4800 or 1-877-995-4800

<https://www.miwsac.org/>

- Provides culturally specific and comprehensive training and technical assistance to tribes and tribal organizations to help them build culturally responsive services to their tribal communities.
- Facilitates connection to culturally specific and comprehensive sexual assault support resources.

Minnesota Office of Justice - Crime Victims Programs

St. Paul, Minnesota | 651-201-7300 | Email at:

dps.justiceprograms@state.mn.us

<https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/crime-victims-reparations.aspx>

- Offers financial help for crime victims/survivors of assault, child abuse, kidnapping, domestic abuse, and stalking.

- Victims/survivors can receive assistance by filling out the application form (both online and paper) from the victim/witness coordinator in their county attorney's office or from an advocate in their local sexual assault, domestic violence program or general crime victim program.

MN Coalition Against Sexual Assault

St. Paul, Minnesota | 651-209-9993 | Email at: info@mncasa.org
<http://www.mncasa.org/>

- Offers free and confidential support through rape crisis counselors and sexual assault advocates.
- Helps with safety planning, emotional and physical care, and resources to help you—and your friends and family—cope with the aftermath of an assault.
- Provides a directory to find a local advocate.

MNlegalservices.org

St. Paul, Minnesota | 651-228-9105 | Email at:
statesupport@mnlegalservices.org
<https://www.mnlegalservices.org/>

- Aims to improve access to justice for all Minnesotans through technology.
- Educates the public about legal issues, strengthens the advocate community, expands free legal services, and more.
- Offers document assembly interviews (including some in Spanish) guiding members of the public and attorneys through a series of questions to produce a legal document. These forms are available online and cover common issues regarding family law, health care, abuse and harassment, debt, housing, and government benefits.

Office of Justice Programs

St. Paul, Minnesota | 651-201-7300 | Email at:
dps.justiceprograms@state.mn.us
<https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/resource-list-victims.aspx>

- Provides leadership and resources to reduce crime, improve the functioning of the criminal justice system and assist crime victims.
- Connects victims/survivors to crime victim resources.

Ramsey County Victim/Witness Services

Ramsey County | 651-266-3222
<https://www.ramseycounty.us/your-government/leadership/county-attorneys-office/divisions-units/victim-witness-postconviction-justice-division>

- Advocates work directly with victims and witnesses to provide support, resources, and information throughout the court process.
- Helps victims understand their rights and how the court process works, attend meetings, and court hearings, and connect them to resources.

NATIONAL

OFF CAMPUS RESOURCES

Deaf Women United

<http://www.dwu.org/>

- Serves deaf women by providing resources that connect these women to empowerment of self and others through advocacy, education, and outreach.

Emerge Center Against Domestic Abuse

1-888-428-0101 or 520-795-4266 | Email at: INFO@EMERGECENTER.ORG |

*24/7 multilingual hotline

<https://emergecenter.org/>

- Provides services for individuals and families experiencing domestic abuse, such as emergency shelter and domestic abuse support services including individual support, legal resources, support groups, child & family services, and house stabilization.

HELPGUIDE.ORG

<https://www.helpguide.org/>

- Shares trustworthy information about improving mental health and making healthy changes.
- Offers online therapy, meditations and educates users in a wide variety of topics, focusing on mental health, health & wellness, children & families, relationships, aging and more.

Love is Respect

1-866 331-9474 |Text "LOVEIS" to 22522

<https://www.loveisrespect.org/>

- Offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.
- Works to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

National Center for Victims of Crime

202-467-8700 | info@victimsofcrime.org

<https://victimsofcrime.org/>

- This organization advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

National Coalition Against Domestic Violence

1-800-799-7233 or 1-800-787-3224

<https://ncadv.org/>

- Supports survivors of domestic and sexual abuse by helping them create personalized safety plans for them and their families.
- Provides tips for accessing resources such as help from law enforcement and legal assistance.
- Offers financial education and connection to additional resources.

National Coalition of Anti-Violence Programs (LGBTQ community)

Call or Text: 212-714-1141

<https://avp.org/ncavp/>

- Provides services to LGBTQ & HIV-affected survivors of all forms of violence, including hate violence, intimate partner violence, sexual violence, pick-up violence.
- Offers a hotline, counseling, advocacy, support groups, and legal services.

National Domestic Violence Hotline

1-800-787-3224 or 1-800-799-SAFE | Text "Start" to 88788

<http://www.thehotline.org/>

- Offers free highly trained expert advocates who give confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.
- Advocates are available 24/7 by phone and by live chat to discuss your situation and help you determine if your relationship might be abusive.

RAINN - (Rape, Abuse & Incest National Network)

1 (800) 656-HOPE (4673) | *24-hour hotline

<https://www.rainn.org/>

- Offers a Sexual Assault Online Hotline a service with trained staff members who can provide you confidential crisis support.
- You can get support, information, advice, or a referral anywhere, anytime from your smartphone.

Stalking Resource Center

1-855-484-2846 (Call or Text) | Email at: info@victimsofcrime.org

<https://victimsofcrime.org/stalking-resource-center/about-us/>

- Works with professionals, organizations, and systems to have the best tools to effectively collaborate to respond to stalking, improve victim safety and well-being, and hold offenders accountable.

Step UP!

Email at: info@stepupprogram.org

<https://stepupprogram.org/>

- Offers prosocial behavior and bystander intervention programs that educate participants to be proactive in helping others.
- Designed to raise awareness of helping behaviors and increase motivation to help.
- Teaches strategies and develops skills and confidence when responding to problems or concerns.
- Ensures the safety and well-being of self and others.

Violence Control Wheel

<https://www.theduluthmodel.org/wheels/>

- The Power and Control Wheel is a tool used to depict common tactics abusers use to keep their partners in an abusive relationship. It depicts how physical and sexual violence along with threats, intimidation, and coercion are used to instill fear. You will find a series of videos explaining each section.

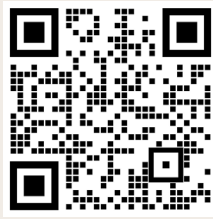
WomensLaw.org

1-800-799-7233

<https://www.womenslaw.org/>

- Provides an email hotline for individuals to ask legal questions about domestic violence, sexual assault, stalking, divorce, child custody, and state specific legal information that is provided and/or reviewed by a licensed attorney.
- Provides connection to state specific resources including lawyers, shelters, advocates, court houses, and law enforcement.

Scan for the latest version



OFFICE OF EQUITY AND INCLUSION

Founders Hall
Room 318

Phone number:
651-793-1270

Email:
OEI@metrostate.edu
TitleXCoordinator@metrostate.edu

Website:
www.metrostate.edu/about/diversity



**METRO STATE
UNIVERSITY**



MINNESOTA STATE

Metro State University,
A member of Minnesota State

All materials are available in alternative formats to individuals with disabilities by calling the Office of Equity & Inclusion at (651) 793-1270 (V), 1-800-627-3529, or 711 (TTY).

An equal opportunity educator and employer