

I Am Being Bullied – Where Do I Go?

<u>Title</u>	<u>Contact Information</u>
Chapter Chair	
Vice Chair	
Secretary	
Delegate	
Alternate Delegate	
Officer-at-Large	
Welfare Fund Representative	
Grievance Counselor (Faculty)	
Grievance Counselor (Adjunct)	
Adjunct Advocate	
Part-time Liaison	
Grievance Counselor (CLT)	
CLT Advisor	
CLT Campus Representative	
CLT Chapter Chair	
HEO Delegate	
Grievance Counselor (HEO)	
HEO Advisor	
HEO Chapter Chair	
PSC Organizer	
Liaison to Anti-Bullying Committee	
Local Campus Support Team	
Public Safety	
Diversity Officer	
Title IX Coordinator	
Diversity & Compliance	
Labor Designee	
Human Resources	

Anti-Bullying Resources and Referrals for PSC Members

PSC

- <https://psc-cuny.org/issues/anti-bullying>
- <https://www.youtube.com/user/PSCCUNYCommunication>
- <https://www.psc-cuny.org/cuny-contract>

CUNY

- <https://www.cuny.edu/about/administration/offices/legal-affairs/policies-resources/>
- Henderson Rules: <https://www.cuny.edu/about/administration/offices/ovsa/policies/rules-for-maintenance-of-public-order/>

Resources for More Information

- U.S. Department of Justice Civil Rights Division: <https://www.justice.gov/crt> | 202-514-3847
- EEOC: (Equal Employment Opportunity Commission): www.eeoc.gov | 1-800-669-4000
- NYS Division of Human Rights (NYSDHR)
Investigates discrimination complaints on state level: www.dhr.ny.gov/contact-us

Free Counseling or Peer Support

- *CUNY Work /Life Program* (Confidential 24/7 Employee Assistance Program) | 1-800-833-8707
Website: www.myaconline.com Company Code: CUNY
- *AFT: Trauma Counseling and Bullying*: <https://www.aft.org/benefits/trauma>
- *NYSUT: Peer Support Line*: <https://memberbenefits.nysut.org/free-member-benefits/peer-support-line> | 1-844-444-0152
- *NYC Well*: <https://nycwell.cityofnewyork.us/en/> | 1-888-NYC-WELL

Within United States

- National Suicide Prevention Hotline: 1-800-273-TALK
- Suicide Hotline (Spanish Speakers): 1-888-628-9454

Web Resources

- *The Workplace Bullying Institute*: <https://www.workplacebullying.org/>; self-help advice for individuals, personal coaching, research, public education, union assistance, training for professionals, employer consulting, and legislative advocacy
- *Minding the Workplace* blog of the New Workplace Institute: <https://newworkplace.wordpress.com/>; dedicated to news and commentary about work and employment relations. Dignity at work, workplace bullying, employment and labor law, and psychologically healthy work environment are recurring themes
- *Stand Up To Bullying*: <https://standuptobullying.net/>; school and workplace bullying resources and training
- *Overcome Bullying*: <https://www.overcomebullying.org/>; links to e-books on workplace bullying
- *StopHazing: Educating to Eliminate Hazing*: <https://stophazing.org/>
- *Bully Free at Work*: <https://www.bullyfreeatwork.com/>

Cyberbullying

- *Cyberbullying Research Center: Advice for Adult Victims of Cyberbullying* <https://cyberbullying.org/advice-for-adult-victims-of-cyberbullying>; dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying, esp. among adolescents
- *The Cybersmile Foundation*: <https://www.cybersmile.org/advice-help/category/advice-for-adults>; a multi award winning anti cyberbullying non-profit organization
- *A Thin Line Sexting and Cyberbullying*: www.athinline.org

Videos

- *LinkedIn Learning*: <https://www.linkedin.com/learning-login/>; free professional development and training videos; free subscription to LinkedIn Learning with a NYPL card

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- *CUNY Professional Development and Learning Office:*
<https://www.cuny.edu/about/administration/offices/hr/professional-development-learning-management>