

## 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	
Grievance Counselor (HEO)	
HEO Advisor	
HEO Delegate	
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	

## **Resources and Referrals for PSC Members**

### **PSC**

- Anti-Bullying Committee Website (#BullyFreeCUNY): <https://psc-cuny.org/issues/anti-bullying>
- PSC Anti-Bullying-Related Videos: <https://www.youtube.com/user/PSCCUNYCommunication>
- PSC/CUNY Contract: <https://www.psc-cuny.org/cuny-contract>

### **Resources for More Information**

- StopBullying.gov: <https://www.stopbullying.gov>
- U.S. Equal Employment Opportunity Commission (EEOC): <https://www.eeoc.gov> | 1-800-669-4000
- U.S. Department of Justice Civil Rights Division: <https://www.justice.gov/crt> | 202-514-3847
- NYS Division of Human Rights: <https://dhr.ny.gov>; investigates discrimination complaints on state level
- NYC Commission on Human Rights: <https://www.nyc.gov/site/cchr/index.page>

### **CUNY**

- Anti-Bullying Awareness: <https://www.cuny.edu/about/administration/offices/hr/anti-bullying-awareness/>
- Policies & Resources: <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/>
- *CUNY Work /Life Program*: confidential 24/7 Employee Assistance Program; free counseling <https://www.cuny.edu/about/administration/offices/hr/benefits/wellness-program/#cca>  
1-800-833-8707 Website: <https://helpwhereyouare.com/CompanyLogin/1073/CCA> Company Code: CUNY

### **Free Resources & Services Available to Members of PSC through Union National Affiliates**

- 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>
- NYSUT: *Premium Calm Service*: <https://memberbenefits.nysut.org/free-member-benefits/calm-app>

### **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
- *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

### **Videos**

- *LinkedIn Learning*: <https://www.linkedin.com/learning-login> ; free professional development and training videos; free subscription to LinkedIn Learning with a NYPL card
- *CUNY Professional Development and Learning Office*: <https://www.cuny.edu/about/administration/offices/hr/professional-development-learning-management/>