

Emergency Assistance - Keep this Card!

If you, or someone you care about, have experienced an act of violence or sexual assault, we are here to help!

For emergency assistance call:

On campus University Police.....645-2222
Off campus City/Town Police.....911

Options for medical support:

Student Health Services.....829-3316
Any hospital emergency room
Your family physician if locally available
Planned Parenthood.....831-2200

Options for emotional & follow-up support:

Counseling Services.....645-2720
Student Health Services.....829-3316 x214
Wellness Education Services.....645-2837
Campus Ministries.....645-2998
Off-Campus Crisis Services.....834-3131
Health Education & Human Services.829-2584
NY State Victims Assistance.....847-7992
or 1-800-247-8035

The UB Violence Prevention Team

Play Safe – Stay Safe

Gonna party? Goin out?

- ◆ Bring a friend or stick with those you know.
- ◆ Don't leave with someone you just met.
- ◆ **UBaware:** Most UB students drink 4 or fewer drinks when drinking or don't drink at all.
- ◆ **UBaware:** Most UB students drink once a week or less.

Gotta think – what's in my drink?

- ◆ Never leave your drink unattended.
- ◆ Make your own drink at parties.
- ◆ Watch your drink made at the bar.

Trust your gut

- ◆ When in doubt, just get out.
- ◆ Avoid danger, but don't be afraid to scream if it doesn't avoid you.
- ◆ Don't walk or run alone in isolated places.

Help us help you prevent violence.

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www.upolice.buffalo.edu/vpt