

The Saluki Watch Dawg

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SIU Department of Public Safety

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A graphic with a blue background and white text. The text reads "IDENTITY THEFT IS ON THE RISE" in large, bold letters. Below it, "WHAT YOU NEED TO KNOW" is written in smaller, white letters. To the right of the text is a black silhouette of a graduation cap (mortarboard) with a tassel.

Identity theft occurs when someone uses another's personal identifying information, such as their name, identifying number, or credit card number without their permission to commit fraud or other crimes.

To guard against identity theft, minimize the amount of identification information that you carry on your person. Try not to carry your Social Security card in the event you lose your purse or wallet. Put passwords on your credit card, bank, and phone accounts, but do not use an obvious password such as your birthday, address, or phone number. Never provide personal information over the phone, through the mail, or over the internet, unless you have initiated the contact or know who you are dealing with. Frequently check your online bank or paper statements for unauthorized charges.

If you think you are the victim of identity theft, notify your credit card companies and banks immediately. Notify the police to file a report as soon as possible. Supply them with as much information as you can. Call the national credit reporting organizations immediately to place a fraud alert on your name and Social Security number.

Crime Prevention Programs

DPS offers several educational crime prevention programs and safety services to the campus and surrounding communities. The Crime Prevention Program is comprised of officers who provide public relations programming to university affiliated persons, other schools, and community groups by request. Programs offered are:

- Alcohol, Drugs, and DUI -General information about the effects of alcohol and drugs and how they can affect your daily life.
- Basic Crime Prevention - Basic Crime Prevention techniques you can use in your home or car.
- Sexual Assault/Common Sense Self Defense - General information and techniques to avoid becoming a victim of sexual assault. This does not include physical self defense training.
- Violence in the Workplace - Current information to help you recognize and combat violence in your workplace. Offered the first Wednesday of every month at 3:00 P.M. at the SIU Department of Public Safety.

To request a program, please contact Cpl. Keith or Ofc. Cox at 453-3771.

SIU Campus Resources

[SIU Police](#)

618-453-3771

[Parking Division](#)

618-453-5369

[Counseling Center](#)

618-453-5371

[Wellness Center](#)

618-536-4441

Student Health Services

618-453-3311

[Night Safety Transit](#)

618-453-2212

Carbondale Resources

[Carbondale Police](#)

618-457-3200

[Women's Center](#)

618-529-2324

[Memorial Hospital](#)

618-549-0721

[Crime Prevention & Programs](#)[Report Suspicious Activity](#)[Campus Emergency](#)[Response Guide](#)[Night Safety Transit](#)[Campus Map](#)[Parking Map](#)[Daily Crime Log](#)[FOIA Request Form](#)[SIU Campus Crime Report](#)[Safety Awareness Facts and Educations](#)

Mental Health: Depression and Resources Available



More students are seeking mental health care on college campuses today—a wave experts say is driven in part by societal changes.

Between fall 2009 and spring 2015, the use of college and university counseling centers increased by an average of 30% to 40%, while enrollment increased by only 5%, according to the 2018 annual report of the

Center for Collegiate Mental Health (CCMH) at Pennsylvania State University. CCMH summarizes reports on counseling centers usage from about 550 university and college counseling centers.

Anxiety, depression, and relationship problems are the most commonly reported concerns of the students seeking care, the report noted.

“The reasons they show up at counseling services haven’t changed much,” Sharon Mitchell, Ph.D., president of the Association for University and College Counseling Center Directors and director of counseling services at the University at Buffalo, told *Psychiatric News*. “But students [today] have an increased level of distress when they come in and it’s more disruptive to their lives.”

Students today are also up against a false sense of the perfection of their peers, as is often portrayed in social media, Mitchell said. “They think everyone else is OK but not them.”

Suicidality is another concern for counseling services. According to CCMH, “The self-reported lifetime prevalence rates of ‘threat-to-self’ characteristics (nonsuicidal self-injury, 27.8%; serious suicidal ideation, 35.8%; and suicide attempts, 10.3%) increased for the eighth year in a row among students receiving counseling services.” In addition to conventional services, managing that risk now means training everyone from campus police to professors to residential advisors to recognize early symptoms.

Information from online article by Aaron Levin [Psychiatric News Jan 2020](#)

If you or someone you know is experiencing any of the above symptoms, please contact Counseling and Psychological Services (CAPS) at the SIU Student Health Center. CAPS provides crisis walk-in counseling, therapy groups, and individual and couples counseling. Appointments can be made by calling 618-453-5371 or in person at their office located in room 253 of the Student Health Center. More information about CAPS, additional self help resources, parents resources, and faculty resources can be found at the [Counseling and Psychological Services](#) website.

March Calendar

Men's Baseball
vs. Western Illinois
March 1st @ 3pm

Women's Softball
vs. Northern Illinois
March 5th @ 12:15

Women's Softball
vs. Murray State
March 6th @ 4:45

Spring Break
March 5 through March 13

Men's Baseball
vs. SIU Edwardsville
March 8th @ 3:00

Men's Baseball
vs. Western Michigan
March 11th @ 6:00

Men's Baseball
vs. Illinois
March 18th @ 6:00

Women's Softball
vs. Northern Iowa
March 19th @ 2:00



Additional Resources

[Office of Equity and Compliance](#)

618-453-4807

[Dean of Students](#)

618-453-2461

[Student Rights and Responsibilities](#)

618-536-2338

[Saluki Cares](#)

618-536-2338

[Salukis on Your Side](#)

618-453-3311

[Veteran Services](#)

618-453-1335

[The Clinical Center](#)

618-453-2361



TAX SEASON IS UPON US. . .

Filing taxes is a real-world wake up call. As a student, do you know when to file a tax return and what deductions and credits are available to you?

1. What if you attend school outside your home state?

Your federal tax return should be filed with the IRS based on your permanent address. State taxes are a different story and you need to check your local state tax code to determine if you must file a return.

2. Do you have to pay taxes on a scholarship?

You do not have to pay taxes if the scholarship is used to cover the cost of tuition and required fees. Money used to pay for housing, travel, and research is taxable and should be included with wages on the W-2.

3. Are there any tax breaks?

The American Opportunity Tax Credit is good for the first two years of college and can be claimed twice per student. This tax savings offers up to \$1,500 in savings.

4. When is my tax return due and what records do I keep?

Federal returns are due April 15, state deadlines vary. You should keep all your receipts for tuition and books, scholarship information, financial aid, and any proof of enrollment. More tax information can be found at [The Simple Dollar](#).

BICYCLING ON CAMPUS

All bicycles parked on campus are required to be registered, either by SIU or by the City of Carbondale. Registering your bicycle aids the Department of Public Safety and local law enforcement agencies with the recovery of your bicycle in the event of loss or theft.

The SIU Parking Division registers bicycles for students and staff for free. You must bring your bicycle along with your student/staff ID to our office to complete the registration process. You can complete a registration form at the Parking Division when you bring your bicycle and student/staff ID to obtain your decal.

The Parking Division cannot register any bicycles without the following required equipment:

- Reflectors on each pedal
- Side reflectors
- Front and rear reflectors
- Front white lamp and rear red lamp or reflectors (required at night).

For complete rules and regulations, click [HERE](#).



Follow Us!

Please "like" our Southern Illinois University- Carbondale Department Facebook page. You can also follow us on Twitter at [SIUC Police](#). We provide information regarding local events, safety tips and press releases for major incidents. You can also send us your questions through private messages and tips on any recent crimes that have taken place.

[Facebook.com/siuc.dps](https://www.facebook.com/siuc.dps)

[Twitter @SIUC Police](https://twitter.com/SIUC_Police)

College spring break trips provide a necessary respite from the stress of college admissions, midterms, standardized test prep, and homework. It's important to let go, but not to forgo safety practices. Make sure the memories you make are ones that you look back on fondly and not with regret. Follow these 8 safety tips and trust your gut to help you stay out of harm's way.



1. **Swim safely.** If you are planning on swimming in the ocean, you should feel confident in your abilities to swim strongly without the assistance of an inflatable device (tube, noodle, etc.). Use the buddy system. Designate someone to stay on the beach while you and a friend (or multiple friends) take a dip. Always be alert for rip currents.
2. **Protect your skin.** Skin cancer is the most common form of cancer in the United States. In 2013, 9,394 people in the U.S. died from melanomas of the skin. Use a sunscreen that has at least a 15 SPF.
3. **Hydrate.** Whether you are on the beach, partying at a friend's, or skiing in the mountains, hydration should be one of your top concerns during spring break.
4. **Drink smart.** Plan on imbibing alcohol over the break? Make sure your fun doesn't take a turn for the worse by understanding how to help yourself and your friends drink responsibly.
5. **Require consent.** It doesn't matter if you have hooked up with someone before. It doesn't matter if you're getting a "vibe" from somebody else. Right before you make a move, you must ask your partner if he/she is comfortable with your intentions (and vice versa).
6. **Don't publicize your location.** If you check into a hotel, don't announce your room number in the lobby or in the halls. Make smart social media decisions by not tagging your location or giving out information that could help people track your whereabouts.
7. **Practice taxi safety.** It's always better to call a cab than to hail one. When the taxi, Uber, or Lyft driver arrives, check their credentials.
8. **Drive prepared.** Before taking a road trip, make sure that everyone in the car has a valid driver's license or ID. Check that your registration is up-to-date and that you have an up to date copy of your car insurance.

Info from article by Megan Reynolds [studentcaffe blog](#)