

The Saluki Watch Dawg

March 2023

SIU Department of Public Safety

Vol. 10 Issue 3



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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

[Empowerment Center](#)

618-529-2324

[Memorial Hospital](#)

618-549-0721

"Active Threat Exercise" for campus

Each year, the Emergency Operations Center conducts exercises with a simulated scenario to assess how several campus departments work together to respond to emergencies and to analyze strengths and assess areas for improvement. The exercises help the campus be better prepared in the event of an actual emergency.

The Emergency Operations Center is comprised of members from the Department of Public Safety, faculty, University Housing, Student Health Services, University Communications and Marketing, and other key departments across campus.

Last fall, the EOC began planning for an exercise this spring designed to engage the campus in becoming better prepared. Safety preparedness is an essential part of the school emergency plan so that students and staff can act to maximize safety in the event of a school emergency.

There will be additional details forthcoming on the date, time, the nature of the exercise and how the different groups on campus will be involved. Refer to emergency.siu.edu to learn more and ensure you are signed up for alerts.

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. For more information, check out use.gov/identity-theft.

IDENTITY THEFT
IS ON THE RISE
WHAT YOU NEED
TO KNOW

The graphic features a blue background with a white silhouette of a graduation cap (mortarboard) on the right side. The text is in white and black, with "IS ON THE RISE" in a larger, bold font. The background has a subtle pattern of vertical lines.

[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 on College Campuses

College Students and Mental Health

The issue of mental health has been on the rise in society. As the rate of mental health issues rise, very few people seek professional help. These issues are becoming more and more prevalent when it comes to college students. Depression, anxiety and eating disorders are a few of the issues that many college students experience during their time in school. College years are a time of transitions, preparing for the future and finding yourself. Although it is normal to feel anxious, overwhelmed or worried, there comes a time where those feelings can go a little overboard.

Anxiety and panic disorders, depression and even alcohol/substance abuse are all different issues that college students go through. These problems could potentially get worse when transitioning to the college life and becoming more independent.

Anxiety disorders are the most common illnesses in the United States according to the [Anxiety and Depression Association of America](#). Anxiety disorders alone impact 40 million people in the U.S. of the age 18 and older. There's a major difference when it comes to everyday anxiety and anxiety disorders. Occasional anxiety is a normal part of people's lives, but when it begins to impact daily activities, that's when it becomes an issue.

Mental health issues in college students can become a barrier to academic success, leading students to drop out and not finish their degrees. A survey report from [National Alliance on Mental Illness](#) stated that 64% of students who experience mental health issues while in college end up withdrawing from school due to their mental health issues. This shows just how much students mental illnesses impact their daily activities.

Information from online article by Janna Salimovic



Lifeline 988



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

For more information click [here](#).

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 counselors are here to support you! SIU Students can see the CAPS Counselor on Duty by visiting our office in the Student Health Center Monday - Friday from 8:00 a.m. to 4:30 p.m. or by calling (618) 453-5371 to schedule an appointment. Counselors are also available at various locations on campus Monday - Friday from 8:00 a.m. to 9:00 p.m. and Saturdays and Sundays from 12:30 - 9:00 p.m. (excluding university closures). Please call (618) 453-5371, so we can direct you to a location. More information about CAPS, additional self help resources, parents resources, and faculty resources can be found at the [Counseling and Psychological Services](#) website.



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



The Rave Mobile Safety alert system is used to send emergency text messages to cell-phones and to campus email addresses of students, faculty and staff. The message may alert you to an emergency situation, including university closures, asking you to take action or both.

SIGN UP [HERE](#)

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](#)

College spring break trips provide a necessary respite from the stress of college admissions, midterms, standardized test prep, and homework. Spring Break safety may not be top-of-mind when deciding whether to catch a few rays or go road-tripping, but following a few simple Spring Break safety tips will make sure everyone has a great time.

Here's how to ensure that your Spring Break trip is safe and fun...



1. **Protect Your Location.** Sharing too much information on social media may endanger your safety, according to the Rape, Abuse & Incest National Network. Don't broadcast your location on Instagram; instead, save your photos and post them after you return.
2. **Arrive and Leave with Friends.** There's safety in numbers, especially during Spring Break.
3. **Take a Copy of your Passport.** There's no worse feeling when you're traveling than discovering your passport has been stolen or lost. Take a copy of your passport everywhere, and keep the original in a safe place.
4. **Carry Copies of Important Phone Numbers and Addresses.** Make sure you have a business card of phone number of a reputable cab service or download the app of your favorite rideshare services. Know the location of the nearest embassy or consulate.
5. **Have a Little Cash in the Local Currency.** You don't need a lot, but \$20-\$50 should see you through many emergencies.
6. **Avoid First Floor Hotel Rooms.** These are targets for thieves. Lock up your valuables.
7. **Tan Safely.** Reduce your exposure to the sun; ease into your tan. And avoid tanning beds before you leave, as they can supply too much exposure too fast. 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.
8. **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.
9. **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.

Info from article by Berkshire Hathaway Travel