

California Campus – Supporting a TSRI Community Member in Crisis:

There will be times on our campus when we have one of our community members – faculty, staff, postdoc, student or intern – experiencing crisis. This could be stemming from personal or professional struggle, but in any case, there is support available at TSRI. If you know of a community member who may be in crisis, please contact one of the following:

- TSRI Security Services: Dial “77” or x 4-2000
- Local Police/Fire/Rescue: 9, 911 or non-emergency line: 858-552-1700
- Nearest Hospital: Scripps Memorial Hospital, located at 9888 Genesee Avenue, La Jolla, 92037. *Please note that Scripps Green Hospital does not provide emergent mental health care.*
- Employee Assistance Program: 24-hour psychiatric help is available to benefits-eligible members of the TSRI community.
PPO participants can call the Optum Health Helpline: 1-800-888-2998
HMO participants can call Aetna Behavioral Health: 1-800-424-5928
- San Diego County Crisis Line: 1-888-724-7240

If you are concerned about a community member that is not an imminent danger to themselves or others, please contact the following for assistance:

Faculty members, Staff members, or Postdoctoral Fellows:

Jennifer Crosby

858-784-8734 or x 4-8734

Cell Phone: 858-261-1489

Email address: jcrosby@scripps.edu

Reuben Mitchell

858-784-9911 or x 4-9911

Email address: reuben@scripps.edu

Graduate Students:

Dawn Eastmond, PhD

858-784-2872 or x 4-2872

Email address: eastmond@scripps.edu

For referral to all community members:

Counseling Office:

Daphne Lurie, Ph.D. (CAPS director and licensed psychologist)

858-784-7915 or x 4-7915

Email: dlurie@scripps.edu

Tamara Ho, Ph.D. (CAPS staff psychologist)

858-784-2950 or x 4-2950

Email: Tamaraho@scripps.edu

Supporting Community Members in Crisis

Signs of concern:

- Excessive absences
- Plummeting academic or professional performance
- Poor personal hygiene
- Self-isolation and/or hostility toward others
- Difficulty controlling emotions or behavior

- Engagement in high-risk behavior
- Expressed emotional distress
- Threats of harm to self or others
- Intoxication in the workplace
- Strange or suspicious thinking

Do I have a relationship with this person?

Yes

No

- Speak directly with the person.
- Schedule a private, 1:1 meeting.
- Let someone else in your lab/department know about it.
- Tell the person what you've noticed about their behavior that's caused concern.
- Listen carefully to the person's response.
- Restate what you've heard.

- Consult with campus resources
- Faculty members, Staff members, or Postdoctoral Fellows:
Jennifer Crosby or Reuben Mitchell
- Graduate Students: Dawn Eastmond, PhD
- For referral to all community members:
Counseling Office: Daphne Lurie, Ph.D. (CAPS director)
Tamara Ho, Ph.D. (CAPS staff psychologist)

Assess: Is this an emergency?

- Has the person expressed an intent of harm to self or others?
- Is the person behaving in a threatening or violent manner?
- Does the person seem out of touch with reality?
- Does anything else about the situation seem threatening or dangerous?

Yes

No

- Contact security at x77 or x4-2000,
- contact the police by dialing 911, or
- help person get to hospital E.R. (call for an Uber, contact their emergency contact for a ride, or call for an ambulance)

Things to say:

- "Accepting help is a sign of strength."
- "How about a one-time visit to the counseling center?"
- "Who can you talk to for support?"
- "What can you do to take care of yourself tonight/this weekend?"