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: 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 Anthem Customer Service: 1-800-227-3771
- 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

**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
- 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.

No
- Consult with campus resources
  - Faculty members, Staff members, or Postdoctoral Fellows: Jennifer Crosby
  - 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
- Contact security at x77 or x4-2000,
  - contact the police by dialing 911,
  - help person get to hospital E.R. (call for an Uber,
    - contact their emergency contact for a ride, or call for an ambulance)

No

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?”