

**JUPITER CAMPUS : GRADUATE STUDENTS ONLY
SUPPORTING A 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. If you know of a community member who may be in crisis, please contact one of the following:

- **Scripps Research Security Services:** Dial 2757
- **Local Police/Fire/Rescue:** 911 or non-emergency line: (561) 746-6201
- **24/7 Mobile Crisis Unit:** (561) 383-5777
- **Crisis Line – 24 /7:** 211 or 561-383-1111
- **Suicide Prevention Lifeline:** (800) 273-8255 or (800) 784-2433
- **Employee Assistance Program:** 24-hour psychiatric help is available to benefits-eligible members of the Scripps Research community via Optum Health, dial (800) 888-2998, www.liveandworkwell.com, Access Code: 10730

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

Graduate Students:

Kristen Robbins, M.Ed.
(561) 228-2024
krobbins@scripps.edu

Dawn Eastmond, Ph.D.
(858) 784-2872 or x 4-2872
eastmond@scripps.edu

For referral to all community members:

Scripps Research Counseling Office

Daphne Lurie, Ph.D.
(CAPS director and licensed psychologist)
(858) 784-7915 or x 4-7915
dlurie@scripps.edu

Remember – if you see something, *say something!*

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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/dept 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, Staff, or Postdoctoral Fellows:

Christine Ng A Fook

Graduate Students:

Kristen Robbins

For referral to all community members:

Counseling Office – Dana Scoville, PhD, LMHC

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: 2757

Police: 911

24/7 Mobile Crisis Unit: (561) 383-5777, or call their **emergency contact** for assistance if transport is needed.

Quick Tip: Get familiar with your smartphone's emergency features. It could be a lifesaver!

Emergency SOS is activated through a series of button presses on an iPhone running iOS 11 – the buttons you need to press will vary based on your device.

Helpful 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?”