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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, <u>www.liveandworkwell.com</u>, 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 <u>krobbins@scripps.edu</u>

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

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 <u>dlurie@scripps.edu</u>

Remember – if you see something, say something!

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SUPPORTING A COMMUNITY MEMBER IN CRISIS

Signs of concern:

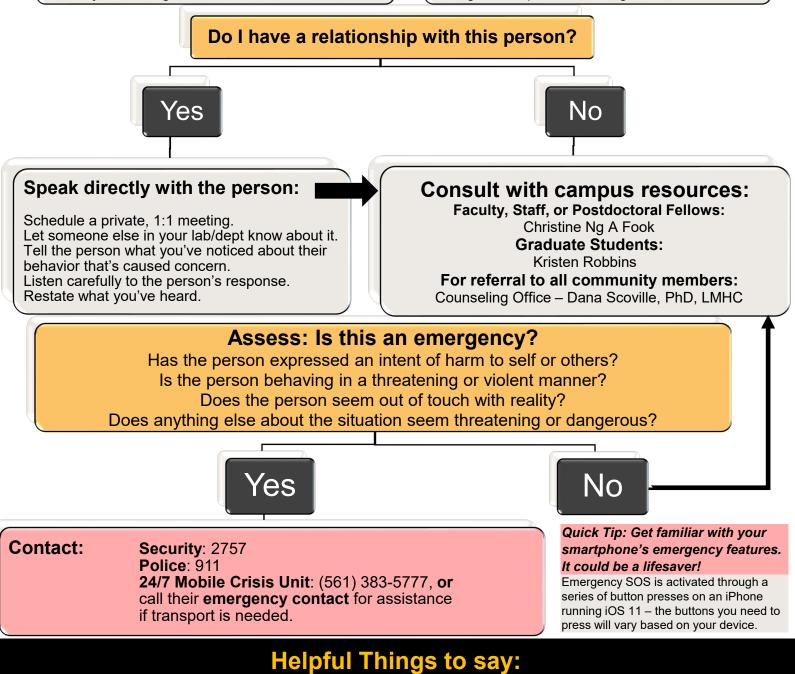
Excessive absences

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



"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?"