

JUPITER CAMPUS  
**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](http://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:*

**Faculty, Staff, and Postdocs:**

Christine Ng-A-Fook, MSHR  
(561) 228-2036  
[cngafook@scripps.edu](mailto:cngafook@scripps.edu)

**Graduate Students:**

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

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

**For referral to all community members:**

**Scripps Research Counseling Office**

Dana Scoville, Ph.D., LMHC  
(Licensed Staff Counselor)  
(561) 228-2288  
[dscovill@scripps.edu](mailto:dscovill@scripps.edu)

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

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

## 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

### 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?”