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**
  - 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.

- **No**
  - 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**
  - Contact: Security: 2757
  - Police: 911
  - 24/7 Mobile Crisis Unit: (561) 383-5777, or call their emergency contact for assistance if transport is needed.

- **No**

**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?”

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.