LA JOLLA 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 “77” or x 4-2000
- **Local Police/Fire/Rescue:** 911 or non-emergency line: 858-552-1700
- **Nearest Hospital:** Scripps Memorial Hospital – 9888 Genesee Avenue, La Jolla, 92037
  *Please note that Scripps Green Hospital does not provide emergent mental health care*
- **Employee Assistance Program:** 24-hour emotional support is available to all members of the Scripps Research community
  - **San Diego Crisis Hotline:** 1-888-724-7240
  - **National Suicide Prevention Lifeline:** 1-800-273-8255
  - **PPO participants can also call the Optum Health Helpline:** 1-800-888-2998

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

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<th>All community members: Counseling &amp; Psychological Services</th>
<th>Faculty, Staff &amp; Postdocs: Danielle Blackhall, Esq. (858) 784-2360 or x 4-2360 <a href="mailto:dblackhall@scripps.edu">dblackhall@scripps.edu</a></th>
<th>Graduate Students: Dawn Eastmond, PhD (858) 784-2872 or x 4-2872 <a href="mailto:eastmond@scripps.edu">eastmond@scripps.edu</a> Paul Cognata (858) 784-2877 or x 4-2872 <a href="mailto:cognata@scripps.edu">cognata@scripps.edu</a></th>
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<td>Daphne Lurie, PhD (CAPS Director &amp; licensed psychologist) (858) 784-7915 or x 4-7915 <a href="mailto:dlurie@scripps.edu">dlurie@scripps.edu</a></td>
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<td>Tamara Ho, PhD (CAPS staff psychologist) (858) 784-2950 or x 4-2950 <a href="mailto:tamaraho@scripps.edu">tamaraho@scripps.edu</a></td>
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Remember – if you see something, say something!
**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?"