

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:

All community members:

Counseling & Psychological Services

Daphne Lurie, PhD
(CAPS Director & licensed psychologist)
(858) 784-7915 or x 4-7915
dlurie@scripps.edu

Tamara Ho, PhD
(CAPS staff psychologist)
(858) 784-2950 or x 4-2950
tamaraho@scripps.edu

Faculty, Staff & Postdocs:

Danielle Blackhall, Esq.
(858) 784-2360 or x 4-2360
dblackhall@scripps.edu

Graduate Students:

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

Paul Cognata
(858) 784-2877 or x 4-2872
cognata@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:

Karen Haggemiller

Graduate Students:

Dawn Eastmond, PhD

For referral to all community members:

Counseling Office – Daphne Lurie, PhD (CAPS director)

Tamara Ho, PhD (CAPS staff psychologist)

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: x77 or x 4-2000
Police: 911

Help person get to hospital E.R. (call for an Uber, contact their emergency contact for a ride, or call for an ambulance).

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?”