

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

Tamara Ho, Ph.D.  
(CAPS staff psychologist)  
(858) 784-2950 or x 4-2950  
[tamaraho@scripps.edu](mailto:tamaraho@scripps.edu)

**Faculty, Staff & Postdocs:**

Jennifer Crosby  
(858) 784-8734 or x 4-8734  
Cell Phone: (858) 261-1489  
[jcrosby@scripps.edu](mailto:jcrosby@scripps.edu)

Karen Haggemiller  
(858) 784-8241 or x4-8241  
[khaggemiller@scripps.edu](mailto:khaggemiller@scripps.edu)

**Graduate Students:**

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

Paul Cognata  
(858) 784-2877 or x 4-2872  
[cognata@scripps.edu](mailto:cognata@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:**

Jennifer Crosby or Karen Haggemiller

**Graduate Students:**

Dawn Eastmond, Ph.D.

**For referral to all community members:**

Counseling Office – Daphne Lurie, Ph.D. (CAPS director)

Tamara Ho, Ph.D. (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 x4-2000  
**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?”