

LA JOLLA CAMPUS**SUPPORTING A COMMUNITY MEMBER IN CRISIS**

There will be times on our campus when a community member experiences crisis. This can stem from personal or professional struggle. There is support available. If you know someone at Scripps 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, CA 92037
 - **Please note that Scripps Green Hospital does not provide emergent mental health care.**
 - **San Diego Crisis Hotline:** 1-888-724-7240
 - **National Suicide Prevention Lifeline:** 988 (call or text)
 - **Aetna Behavioral Health** 1-800-424-4047

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

Lauren Jensen, Psy.D.
CAPS Director
(858) 784 - 2100 or x 4-2100
ljensen@scripps.edu

Keary Engle
Dean of Graduate & Postdoctoral Studies
(858) 784 - 7885 or x 4-7885
keary@scripps.edu

Jolie Keough
VP People
(858) 784-2135 or x 4-2135
jkeough@scripps.edu

Paul Cognata
Graduate Studies Associate Director
(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

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:

Students and Scholars:

Lauren Jensen, PsyD, Daphne Lurie, PhD
Keary Engle, or Paul Cognata

Faculty or Staff

Jolie Keough

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: x77 or x-2000
Police: 911

Help person get to hospital E.R. (contact their emergency contact or a local support person for a ride or call an ambulance or law enforcement).

No

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?"