

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.**
- **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
 - Employees covered by the Scripps Research medical plans can contact **Aetna Behavioral Health** at 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:*

All Community Members

Daphne Lurie, Ph.D.
(CAPS Director)
(858) 784 - 7915 or x 4-7915
dlurie@scripps.edu

Nile Brandt, Ph.D.
(CAPS Staff Counselor)
(858) 784 - 2950 or x 4-2950
nbrandt@scripps.edu

Faculty and Staff

Mandie Forman-Sklansky
(People and Talent Senior Director)
(858) 784 - 9813 or x 4-9813
mforman@scripps.edu

Christy Attebury
(People Ops & Total Rewards Sr Director)
(858) 784 - 9812 or x 4-9812
christy@scripps.edu

Students & Scholars

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

Faculty or Staff

Mandie Forman-Sklansky or Christy Attebury

Students and Scholars:

Keary Engle or Paul Cognata

For all community members:

Daphne Lurie, Ph.D. or Nile Brandt, Ph.D.

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. (call for an Uber, contact their emergency contact for a ride, or call an ambulance).

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?"