

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:

Karen Haggemiller
(858) 784-8241 or x 4-8241
khaggemiller@scripps.edu

Graduate Students:

Dawn Eastmond, Ph.D.
(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

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, 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

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).

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?"