# 🗙 Scripps Research

## 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

tamaraho@scripps.edu

- 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: Faculty, Staff & Postdocs: Graduate Students: **Counseling & Psychological** Karen Haggenmiller Dawn Eastmond, Ph.D. (858) 784-2872 or x 4-2872 (858) 784-8241 or x 4-8241 Services khaggenmiller@scripps.edu eastmond@scripps.edu Daphne Lurie, PhD (CAPS Director & licensed psychologist) Paul Cognata (858) 784-7915 or x 4-7915 (858) 784-2877 or x 4-2872 dlurie@scripps.edu cognata@scripps.edu Tamara Ho. PhD (CAPS staff psychologist) (858) 784-2950 or x 4-2950

#### Remember – if you see something, say something!

# 🗙 Scripps Research

# SUPPORTING A COMMUNITY MEMBER IN CRISIS

### Signs of concern:

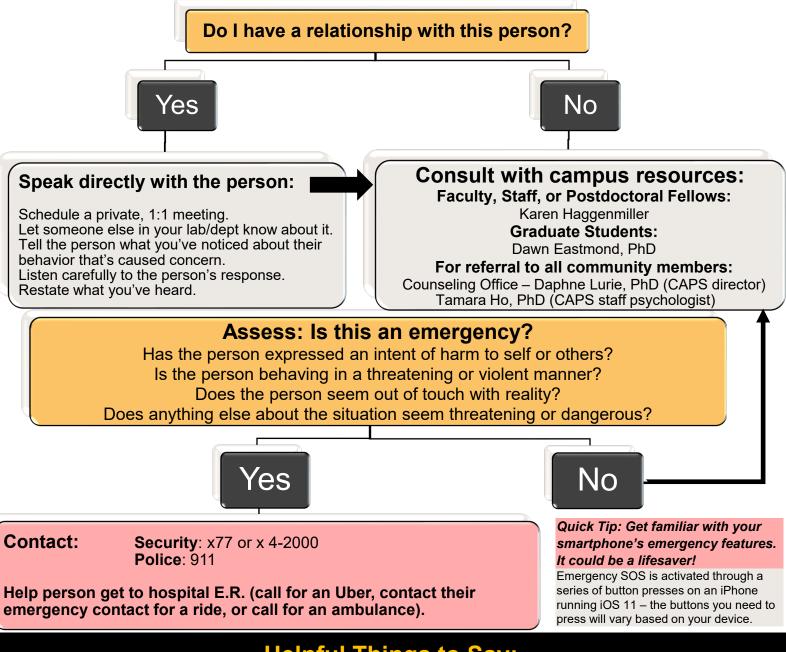
Excessive absences

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



# 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?"