Jupiter Campus – Supporting a TSRI 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 at TSRI. If you know of a community member who may be in crisis, please contact one of the following:

- TSRI Security Services: Dial 2757
- Local Police/Fire/Rescue: 911 or non-emergency line: (561) 746-6201
- 24/7 Mobile Crisis Unit: (561) 383-5777
- Crisis Line – 24 /7: 211 or 561-383-1111
- Suicide Prevention Lifeline: (800) 273-8255 or (800) 784-2433
- Employee Assistance Program: 24-hour psychiatric help is available to benefits-eligible members of the TSRI community: Optum Health, (800) 888-2998, www.liveandworkwell.com, Access Code: 10730

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

Faculty members, Staff members, or Postdoctoral Fellows:

Linda Gavit
(561) 228-2030
lgavit@scripps.edu

Christine Ng A Fook
(561) 228-2036
cngafook@scripps.edu

Graduate Students:
Cheryl Marra
(561) 228-2024
cmarra@scripps.edu

Dawn Eastmond, PhD
(858) 784-2872 or x 4-2872
eastmond@scripps.edu

For referral to all community members:

Counseling Office:
Dana Scoville, PhD, LMHC (Licensed Staff Counselor)
(561) 228-2288
dscovill@scripps.edu

Daphne Lurie, Ph.D. (CAPS director and licensed psychologist)
(858) 784-7915 or x 4-7915
dlurie@scripps.edu
Supporting Community Members 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

- Speak directly with the person.
- Schedule a private, 1:1 meeting.
- Let someone else in your lab/department 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 members, Staff members, or Postdoctoral Fellows: Linda Gavit or Christine Ng A Fook
  - Graduate Students: Cheryl Marra
  - For referral to all community members: Counseling Office: Dana Scoville, PhD, LMHC

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: 2757
- Police: 911
- 24/7 Mobile Crisis Unit: (561) 383-5777, or call their emergency contact for assistance if transport is needed

No

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?”