

# Mental Health Resources at Stanford



Just like the seasons change, so will the support you may need. Finding and asking for help to support your mental health and well-being can initially feel overwhelming. Use the guiding questions for each section below to help you identify a resource that you most resonate with at that moment. Learn more or schedule an initial appointment using the contact information provided.

**CR** (Confidential Resource) = information cannot be shared without your explicit permission

## Take Care of Yourself and Each Other

*What “counts” as self-care? Why should I take time to care for myself? How does self-care contribute to my state of well-being?*

If you are looking to learn more about self-care, why it is important to practice, and how to start taking care of yourself and your peers, take time to read, watch, listen, and learn from these resources.

### The Flourish

Tips, articles, events, and resources to support your health and well-being.

**Subscribe to The Flourish:** [theflourish.stanford.edu](https://theflourish.stanford.edu)

### Stanford Living Education

Take life-changing classes to enhance well-being and flourishing.

**LEAD:** [tinyurl.com/LEAD-stanford-courses](https://tinyurl.com/LEAD-stanford-courses)

**LIFE:** [tinyurl.com/LIFE-stanford-courses](https://tinyurl.com/LIFE-stanford-courses)

**WELLNESS:** [tinyurl.com/WELLNESS-stanford-courses](https://tinyurl.com/WELLNESS-stanford-courses)

## Reach Out to Your Peers

*Struggling to connect with others? Roommate troubles? In need of academic, life, or relationship advice?*

Whether you are looking for casual advice or professional referrals, these resources are a good first step to share your struggles, identify what support you may need, or receive guidance from staff or peers.

### Undergraduate Residential Staff

[undergraduatelifeoffice@stanford.edu](mailto:undergraduatelifeoffice@stanford.edu)

**24/7 urgent support:** Call 650.504.8022

### Graduate Residential Staff

[graduatelifeoffice@stanford.edu](mailto:graduatelifeoffice@stanford.edu)

**24/7 urgent support:** Call 650.723.7288 Pager ID #25085

### Office of Postdoctoral Affairs

855.666.0519

### The Bridge Peer Counseling Center

650.723.3392

## Utilize Campus Resources

*Looking to prioritize your self-care but unsure where to start? Looking for a safe space with staff and resources to support your individual needs? Need additional support in navigating a problem or situation?*

These professional resources can teach you skills and help you fill your toolkit with ways to promote your mental health and well-being.

### Well-Being Coaches

[yourwellbeing@stanford.edu](mailto:yourwellbeing@stanford.edu)

### Weiland Health Initiative **CR**

[weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu)

### Office for Religious and Spiritual Life **CR**

650.723.1762

[stanfordorsl@stanford.edu](mailto:stanfordorsl@stanford.edu)

### Community and Identity Specific Resources

[studentaffairs.stanford.edu/mental-health-resources-stanford/find-your-community](https://studentaffairs.stanford.edu/mental-health-resources-stanford/find-your-community)

## Seek Professional Help

*Experiencing feelings of anxiety and/or depression? Finding it difficult to get out of bed each day? Struggling to continue your daily routine following a loss? Experiencing an emotionally controlling or harmful relationship?*

When you begin to feel challenged or overwhelmed by something going on in your life, it may be helpful to seek professional help. Know that you are not alone and staff from these resources are committed to helping you.

### Counseling and Psychological Services **CR**

Offers individual visits, skills workshops, process groups, psychiatry services, community referral resources, 24/7 support, and crisis intervention.

650.723.3785

**24/7 urgent support:** Call 650.723.3785

### Confidential Support Team **CR**

Offers support for sexual assault and relationship violence, and sexual or gender-based harassment and discrimination.

650.736.6933

**24/7 urgent support:** Call 650.725.9955

### The Stanford Faculty Staff Help Center **CR**

Offers a variety of services to Stanford faculty, staff, and postdocs.

650.723.4577

[helpcenter@lists.stanford.edu](mailto:helpcenter@lists.stanford.edu)

## Emergency Services and Non-Stanford Crisis Hotlines

**If you or someone you know is in crisis and needs immediate emergency support, call 911 (9-911 from an on-campus phone).**

*Are you experiencing troubling or uncomfortable thoughts? Looking for emotional support from an anonymous individual? Are you worried about a friend or loved one?*

These resources can help support you or someone you care about during a mental health crisis.

### 988 Emergency Services

Call or text 988  
An easier and quicker way to call/text the National Suicide Prevention Lifeline. The current Lifeline phone number (1.800.273.8255) remains available.

### Crisis Text Line

Text ‘HOME’ to 741741  
Access support through this volunteer-run text support line without speaking on the phone.

### National Domestic Violence Hotline

Call 1.800.799.SAFE (7233) / Text ‘START’ to 88788  
For immediate support around issues of power and control in intimate relationships.

### The Trevor Project

Call 1.866.488.7386 / Text ‘START’ to 678678  
An LGBTQ+ centered line offering volunteer support via phone or text.

For a more comprehensive list of mental health resources, visit:  
[studentaffairs.stanford.edu/mental-health-resources-stanford](https://studentaffairs.stanford.edu/mental-health-resources-stanford)