

# MENTAL HEALTH RESOURCES AT STANFORD



We know that you will experience new and unexpected challenges during your time at Stanford. Below, you can find a list of mental health resources to help you navigate challenging times. Remember...it is okay to not be okay.

[studentaffairs.stanford.edu/mental-health-resources-stanford](http://studentaffairs.stanford.edu/mental-health-resources-stanford)

**CR** (CONFIDENTIAL RESOURCE) resource that offers confidential support

## UNDERGRADUATE RESIDENTIAL STAFF

[resed.stanford.edu](http://resed.stanford.edu)

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

For 24/7 urgent support, call 650.504.8022

*Residence Deans (RDs), Resident Fellows (RFs) or Community Directors (CDs), and Resident Assistants (RAs)*

Trained professionals who can advise you about personal issues and assist with emergencies. They are available whenever you have a problem and can provide valuable insight from their own Stanford experiences.

## GRADUATE RESIDENTIAL STAFF

[glo.stanford.edu](http://glo.stanford.edu)

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

For 24/7 urgent support, call 650.723.7288 Pager ID #25085

*Graduate Deans, Community Associates (CAs)*

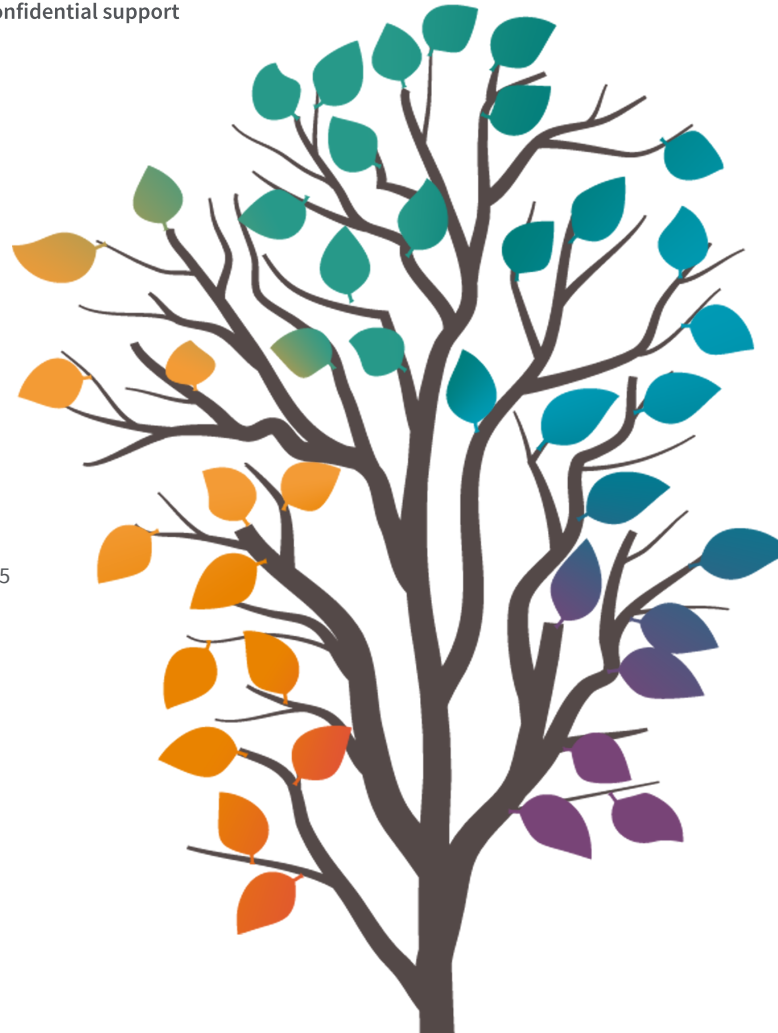
Staff and fellow Stanford graduate students who provide information, advice, assistance and, if needed, referrals, for academic and personal issues. They can assist students in finding services and information on the Stanford campus.

## OFFICE OF POSTDOCTORAL AFFAIRS

650.725.5075

[postdocs.stanford.edu](http://postdocs.stanford.edu)

Support center for all aspects of personal and professional development and life at Stanford for postdoc trainees.



## BRIDGE PEER COUNSELORS

650.723.3392

[web.stanford.edu/group/bridge](http://web.stanford.edu/group/bridge)

Offers peer counseling by trained students.

## WELL-BEING COACHES

[coaching.stanford.edu](http://coaching.stanford.edu)

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

Your partner in helping you make shifts in beliefs and behaviors to improve your overall well-being, or simply offer support when you are struggling.

## WEILAND HEALTH INITIATIVE CR

650.723.2005

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

[weiland.stanford.edu](http://weiland.stanford.edu)

Promotes mental health and wellness across the spectrum of gender identities and sexual orientations through education, training and clinical services.

## CONFIDENTIAL SUPPORT TEAM CR

650.736.6933

[vaden.stanford.edu/cst](http://vaden.stanford.edu/cst)

For 24/7 urgent support, call 650.725.9955

Offers support to Stanford students impacted by sexual assault and relationship violence, including domestic abuse, intimate partner abuse, stalking, and sexual or gender-based harassment and discrimination.

## COUNSELING AND PSYCHOLOGICAL SERVICES CR

650.723.3785

[vaden.stanford.edu/caps](http://vaden.stanford.edu/caps)

For 24/7 urgent support, call 650.723.3785

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



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## EMERGENCY SERVICES AND CRISIS HOTLINES

### 911 EMERGENCY SERVICES

Call 911 (or 9-911 from a university phone)

CRISIS TEXT LINE Text HOME to 741741

NATIONAL DOMESTIC VIOLENCE HOTLINE 1.800.799.SAFE (7233)

NATIONAL SUICIDE PREVENTION LIFELINE 1.800.273.TALK (8255)

SANTA CLARA COUNTY SUICIDE & CRISIS HOTLINE 1.855.278.4204