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?

The Flourish
Tips, articles, events, and resources to support your health and well-being.
Subscribe to The Flourish: theflourish.stanford.edu

Stanford Living Education
Take life-changing classes to enhance well-being and flourishing.
LEAD: tinyurl.com/LEAD-stanford-courses
LIFE: tinyurl.com/LIFE-stanford-courses
WELLNESS: 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?

Undergraduate Residential Staff
undergraduatestudentsupport@stanford.edu
24/7 urgent support: Call 650.504.8022

Graduate Residential Staff
graduatellifeoffice@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?

Well-Being Coaches
yourwellbeing@stanford.edu

Weiland Health Initiative
weilandhealth@stanford.edu

Office for Religious and Spiritual Life
650.723.1762
stanfordorsl@stanford.edu

Community and Identity Specific Resources
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?

Counseling and Psychological Services
Counseling and Psychological Services 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
Confidential Support Team 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
The Stanford Faculty Staff Help Center offers a variety of services to Stanford faculty, staff, and postdocs.
650.723.4577
helpcenter@lists.stanford.edu
Mental Health Resources at Stanford

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?

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

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. We have included 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.

- Take Care of Yourself and Each Other. Prioritize time to take care of yourself and your peers using these resources.
- Reach Out to Your Peers. These resources are a good first step in addressing your concerns.
- Utilize Campus Resources. Resources to help you fill your toolkit with ways to promote your mental health and well-being.
- Seek Professional Help. Resources to support you when you begin to feel challenged or overwhelmed.
- Emergency Services and Non-Stanford Crisis Hotlines. Resources to support you or someone you care about during a mental health crisis.