

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

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?*



Well-Being Coaches yourwellbeing@stanford.edu

Weiland Health Initiative CR weilandhealth@stanford.edu

Office for Religious and Spiritual Life CR

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 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

Mental Health Resources at Stanford



Stanford | Student Affairs



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

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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.