

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, take time to read, watch, listen, and learn from these resources.

Stanford Well-Being: What is Self-Care?

tinyurl.com/divedeeperintoselfcare

Explore How You Flourish

tinyurl.com/explorehowyouflourish

Health and Human Performance Courses

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?

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

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

888.238.6232

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

Weiland Health Initiative CR

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

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 consults, skills workshops, process groups, seminars, psychiatry services, community referral resources, 24/7 support line, 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 post-docs.

650.723.4577

helpcenter@lists.stanford.edu

Emergency Services and Non-Stanford Crisis Hotlines

If you or someone you know is in crisis and in need of immediate emergency support, call 911.

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