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 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 times of crisis.

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?

988 Emergency Services Call or text 988
An easier and quicker way to text/call the National Suicide Prevention Lifeline. The current Lifeline phone number (1.800.273.8255) will remain 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
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?

- **Well-Being Coaches**
  yourwellbeing@stanford.edu

- **Weiland Health Initiative**
  weilandhealth@stanford.edu

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

Reach Out to Your Peers

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

- **Undergraduate Residential Staff**
  undergraduatesupport@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

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?

- **Stanford Well-Being: What is Self-Care?**
  tinyurl.com/diveedeptntoselfcare

- **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

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**
  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?

- **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