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

CR (CONFIDENTIAL RESOURCE) resource that offers confidential support

UNDERGRADUATE RESIDENTIAL STAFF
resed.stanford.edu/student-support
undergraduatesupport@stanford.edu
For 24/7 urgent support, call 650.504.8022
Resident Directors (RDs), Resident Fellows (RFs), and Resident Assistants (RAs)
Trained professionals and student staff 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
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
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
Offers peer counseling by trained students.

WEIGHT-TO-BEING COACHES
coaching.stanford.edu
yourwellbeing@stanford.edu
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
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
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
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.

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
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**COUNSELING AND PSYCHOLOGICAL SERVICES**

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vaden.stanford.edu/caps
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CAPS: Seeking Mental Health Support at Stanford

CAPS (Counseling and Psychological Services) is a confidential mental health resource for Stanford students. They offer free short-term counseling and psychological services as well as workshops, group counseling sessions, referrals, and resources for long-term help.

They also offer 24/7 emergency support at 650.723.3785.

The whole process is fluid, so your specific experience may not follow this exact timeline.

1. **Phone-In**
   - free | 5 min.
   - In order to schedule an initial appointment (called CAPS Connects), you can call CAPS at 650.723.3785 on weekdays 9AM - 4PM. If you have been to CAPS before, you can request your previous provider.

2. **CAPS Connects**
   - free | 15 - 20 min.
   - This short appointment helps CAPS providers understand your needs to match you with appropriate resources and services, including but not limited to those listed below.

3. **Groups and Workshops**
   - free | 60 min.
   - These are supportive spaces where you can learn skills, gain insights, and connect with others. There are various ways to enter groups and workshops, including drop-in options and referrals from CAPS Connects, CAPS therapists, or community therapists.

4. **Brief Consults**
   - free | 45 - 50 min.
   - These are short-term therapy/consultation sessions with a CAPS licensed professional. There is no limit to how many times you can use this option, but if you want long-term support they can help you find a community referral.

5. **Community Referrals**
   - varies by provider
   - This option is for students seeking specialized and/or long-term support. CAPS can help you find therapists whose services are covered by your health insurance plan. In-person and virtual sessions may be available.

6. **Psychiatry Consults**
   - $25* | 45 - 60 min.
   - If you are needing potential medication consultation, you can be referred to a psychiatrist in the community or meet with a CAPS psychiatrist ($25 copay through Cardinal Care or full cost for other health insurance, which may be reimbursed by your provider).

Contact Info
- 650.723.3785
- vaden.stanford.edu/caps
- 866 Campus Drive
  Stanford, CA 94305

Created By: Jenna Wang, Michaela Phan, Edward Tran  9/10/21