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

BRIDGE PEER COUNSELORS
650.723.3392
web.stanford.edu/group/bridge
Offers peer counseling by trained students.

WEIGHT-BEING COACHES
coaching.stanford.edu
yourwellbeing@stanford
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
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
650.723.3785
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
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.

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

EMERGENCY SERVICES AND CRISIS HOTLINES

911 EMERGENCY SERVICES
Call 911 (or 9-911 from a university phone)
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Remember...it is okay to not be okay.
Support center for all aspects of personal and professional development and life at Stanford for postdoc trainees

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.

GRADUATE RESIDENTIAL STAFF
gro.stanford.edu
graduatelifecoordinator@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.

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.

BRIDGE PEER COUNSELORS
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web.stanford.edu/group/bridge
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yourwellbeing@stanford
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weilandhealth@stanford.edu
weiland.stanford.edu
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CONFIDENTIAL SUPPORT TEAM
650.736.6933
vaden.stanford.edu/cst
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vaden.stanford.edu/caps
For 24/7 urgent support, call 650.723.3785
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CR (CONFIDENTIAL RESOURCE) resource that offers confidential support