

General Resources for Support

Updated 8/31/16

Confidential

- **CAPS services through Vaden**
650-723-3785
<https://vaden.stanford.edu/caps/about-us>
- **Confidential Support Team (CST)**
650-736-6933
<http://vaden.stanford.edu/sexual-assault>
- **Office of Religious Life**
650-723-1762
<http://web.stanford.edu/group/religiouslife/cgi-bin/wordpress/>
- **University Ombuds**
650-723-3682
<http://web.stanford.edu/dept/ombuds/>

24 Hour

- **CAPS on-call clinician**
650-723-3785
- **Stanford Sexual Assault Hotline**
650-725-9955
<https://notalone.stanford.edu/>
- **Suicide Prevention Lifeline**
1-800-784-2433
<http://www.suicide.org/>
- **Veterans Crisis Line**
1-800-273-8255, press 1
Chat at VeteransCrisisLine.net
Text to 838255
- **YWCA Rape Crisis Hotline**
800-572-2782 or 408-287-3000
<http://ywca-sv.org/programs/SN/>

Anonymous

- **The Bridge Peer Counseling Center**
650-723-3392

Private but not Confidential

- **Graduate Life Office (GLO) Deans**
(650-736-7078); <https://glo.stanford.edu/>
- **Area Community Associates (CA's)**
- **Your academic department's student services**

24 Hour

- **GLO pager**
650-723-8222 enter ID # 25085
<https://glo.stanford.edu/>

Support Communities

- Asian American Community Center
<https://a3c.stanford.edu/>
- Bechtel International Center
<http://icenter.stanford.edu/>
- Black Community Services Center
<https://bcsc.stanford.edu/>
- Diversity and First Gen Office
<https://diversityandfirstgen.stanford.edu/>
- El Centro Chicano y Latino
<https://elcentro.stanford.edu/>
- LGBT Community Resources Center
<https://lgbt.stanford.edu/>
- The Markaz: Resource Center for Engagement with the Cultures and Peoples of the Muslim World
<https://markaz.stanford.edu/>
- Native American Cultural Center
<https://nacc.stanford.edu/>
- Office of Accessible Education
<https://oae.stanford.edu/>
- Office for Military-Affiliated Communities
<https://military.stanford.edu/>
- Women's Community Center
<https://wcc.stanford.edu/>

More resources on the Stanford Wellness Network: <https://wellness.stanford.edu>



Resource List

Concern	Resources
General wellness concerns including: <ul style="list-style-type: none">• Health• Housing• Relationships• Finances• Judicial and legal matters• Professionalism• Mistreatment	Office of Medical Student Wellness http://med.stanford.edu/md/student-life/student-wellness <ul style="list-style-type: none">• 650-721-3963• somwellness@stanford.edu• Rebecca Smith-Coggins: pager 1-3481; smithcog@stanford.edu Stanford Committee for Professional Satisfaction and Support http://wellmd.stanford.edu/ Graduate Life Office (GLO) https://glo.stanford.edu/
Academic Support	School of Medicine Education Specialist http://med.stanford.edu/md/academic-support/learning-strategies Lisa Medoff; 650-721-1025; lmedoff@stanford.edu Advising Deans http://med.stanford.edu/md/academic-support/academic-advising <ul style="list-style-type: none">• Neil Gesundheit neil7@stanford.edu• Susan J Knox sknox@stanford.edu• Amy L. Ladd alad@stanford.edu• Eric Sibley erc@stanford.edu
Diversity and Inclusion	Center of Excellence and Diversity in Medical Education http://coe.stanford.edu/ coeoutreach@stanford.edu
Dispute Resolution	School of Medicine Ombudsperson http://med.stanford.edu/ombuds/ James Laffin; 650-498-5744; jlaffin@stanford.edu
Finance	Office of Financial Aid http://med.stanford.edu/md/financial-aid 650-723-6958; md_financial_aid@stanford.edu
Health Care	Counseling and Psychological Services http://caps.stanford.edu 650-723-3785 Medical Care @ Vaden Health Center http://vaden.stanford.edu 650-498-2336
Infectious Exposure	Needlestick Hotline If you are stuck by a needle or splashed with bloody fluid, rinse copiously, then page the needlestick hotline at 1-STIX (1-7849). Hotline is answered 24 hours/day 365 days/year. <ul style="list-style-type: none">• At SHC/LPCH, dial 222 then follow prompts to page.• At SCVMC, PAVA, Cardinal Free Clinics, dial 650-723-8222, then follow prompts to page.