If you feel threatened or concerned about a person or situation on campus...

If it is an emergency:

1. Get to a safe place.
2. Call 9-1-1 (or 9-911 from any campus phone).
3. Tell the police the emergency, the location, who is involved, and your location.
4. Safely notify others who may be endangered.

If it is not urgent:

1. Recognize the warning signs (see reverse side).
2. Utilize the university resources (see reverse side).
3. Report the situation as soon as possible to Public Safety and your department chair.

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**Emergency Hotlines**

650-725-5555 or 800-89-SHAKE (800-897-4253). SLAC: 650-498-8888

International: 01602-241-6769

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**Where to Call for Help**

For Students – Counseling and Psychological Services (CAPS)
(650) 723-3785 (24 hours). Vaden Health Center, 2\textsuperscript{nd} Floor

For Postdocs – GuidanceResources
(855) 666-0519 (24 hours). Stanford WebID: SUPDPAP

For Faculty, Staff and Postdocs
Rosan Gomperts, Faculty & Staff Help Center (FSHC)
(650) 723-4577 (M-F, 9-5). Mariposa House, 2nd FL, 585 Capistrano Way

David Rasch, University Ombuds. (650) 723-3682 (M-F, 8-5). Building 310 - Room 104
James Laflin, School of Medicine Ombuds (650) 498-5744 (M-F, 8-5). 1265 Welch Road, Suite X301

Rabbi Patricia Karlin-Neumann, Office of Religious Life
(650) 723-1762 (M-F, 8-5). Memorial Church Round Room
Warning Signs

- Explicit statements about harming someone
- Social isolation
- Changes in behavior (sudden or otherwise)
- Change in academic performance
- Unexplained absenteeism
- Increase in alcohol or drug use
- Anxiety or uncertainty about family/relationships/situations
- Explicit statements about harming someone
- Attempts to harm or kill self
- Conflicts with others
- Lack of energy or chronic fatigue
- Bizarre behavior
- Change in appearance/declining hygiene
- Sending disturbing messages (i.e. texts, e-mails, letters) to students/staff/faculty.
- Suicidal thoughts
- Displays paranoia
- Alienates him/herself from others/family
- Loss of job/income/relationship
- Disruptive behavior/irritability/abrasive towards another
- Coursework content that is alarming
- Depression or nervousness
- Identifying with other persons who engaged in past violence toward others
- Making statements that supports the use of violence to resolve issues

If there is a reported emergency on campus, AlertSU, Stanford's emergency notification system, will deliver time-sensitive emergency notifications to faculty, staff, students, postdocs and other members of the Stanford community via voice mail, email and text-messaging. Status updates will also be available online and through a recorded phone message.

Web Resources (for more information)

Violence Prevention & Response on Campus: http://safety.stanford.edu
Office of Community Standards: http://studentaffairs.stanford.edu/communitystandards/policy