

Resources for Faculty

Related to the Mental Health and Well-Being of Graduate Students

Faculty are in a unique position to identify graduate students who might be having academic or personal problems, and to direct them to resources before problems escalate. There are several easy ways to help students without compromising student rights. Here are some guidelines:

- Trust your instincts. If you are concerned that there might be a problem, you are probably right.
- Explore options early. Consult with experts as soon as you have questions. Identify resources. Don't let concerns linger.
- Call for advice and consultation. Don't hesitate to ask for help from staff in the Graduate Life Office about what you or they can do.

Who To Call: University Resources To Consult

Graduate Life Office (GLO)

Ken Hsu, Associate Dean and Director: 723-8357, kyhsu@stanford.edu

Business Hours: 736-7078, GLO Office

24-hour Pager: 723-8222, Pager ID 25085 (urgent contact number)

GLO staff attend to student life matters for all graduate students. They provide advice and intervention on out-of-classroom issues, and those problems that affect academic success. One of the graduate student life deans is on call 24-7.

IF YOU HAVE A QUESTION, START BY CALLING GLO.

GLO staff:

- Provide support and advice to faculty and staff. They can help assess the seriousness and urgency of a situation; identify campus resources; and advise you about how to talk to a student.
- Intervene directly with students when problems or crises arise.
- Perform "welfare checks" at students' on- and off-campus homes.
- Convene "case management teams" of faculty, department staff, student affairs staff, counselors and the student in trouble to solve problems academic and personal problems.

Counseling and Psychological Services (CAPS)

723-3785 (24-hour response)

Vaden Health Center

CAPS staff are Stanford's experts in student mental health. Psychiatrists, psychologists and social workers provide confidential mental health evaluations and services. CAPS offers:

- Evaluation and short term counseling to registered students (by appointment)
- Crisis counseling to students for urgent situations (24 hours a day, by phone). Clinicians will return calls within 20 minutes and, if needed, will see students the same day.
- Consultation to faculty and staff about students in trouble, and, if needed, intervention with students. (24 hours a day, by phone).

Emergencies

911 (9-911 from a campus telephone)

If a student is in imminent danger of causing harm to himself or others

Early Warning Signs

Pay attention to changes in students' **participation** and **performance**. Any one of these warning signs is worth responding to.

- Decline in quality of academic work and performance.
- Frequent absences from lab, office, classes
- Withdrawal from school/departmental activities
- Mood changes
- Unusual or troubling behavior, such as angry outbursts, inappropriate dark humor, vague threats to harm self or others
- Changes in appearance
- Failure to respond to repeated attempts to communicate
- Concerns expressed by other students

Student Mental Health & Well-Being Task Force

The University's Student Mental Health and Well-Being Task Force issued its final report on October 1. It includes recommendations for improving services and resources for students, including graduate students. The report is available on-line at: [Mental Health Task Force Report](#).