

Is this an emergency?

Yes

No

I am not in immediate risk of hurting myself

This is regarding sexual assault or domestic violence

This is a short-term issue  
OR  
I don't know, I've never seen someone about mental health issues

I would like to see someone for a longer-term (i.e. more than 8 sessions)

I would like to talk to someone about mental health concerns as it pertains to my medical school education

**WHAT TO DO**  
Go to the Emergency Department or call 911. The nearest hospitals are:  
① Stanford Hospital **E**  
② El Camino  
③ PAMF  
**WHAT YOU GET**  
Emergency triage, evaluation by physicians, possible medication administration, or hospitalization as necessary

**WHAT TO DO**  
Call Crisis Assistance at CAPS  
**(650) 723-3785**  
**WHAT YOU GET**  
Within 20 minutes, you will speak with a physician, who will assess and offer follow-up recommendations.

**WHAT TO DO**  
Call confidential support team, 24/7 hotline  
**(650) 725-9955**  
**WHAT YOU GET**  
You will speak with a licensed psychologist or licensed clinical social worker

I would like medical evidence, collection, and treatment

**WHAT TO DO**  
Call Sexual Assault Response Team  
**(408) 885-5000**  
**WHAT YOU GET**  
A SCVMC specially trained nurse who will provide treatment, collect evidence, and testify in court, if necessary

**WHAT TO DO**  
Call CAPS  
**(650) 723-3785**  
Or go to Vaden Health Center, M-F, 8:30 AM-5:00 PM  
**WHAT YOU GET**  
① An initial phone evaluation  
② Assigned to a therapist (social worker, psychologist or psychiatrist)  
③ Usually up to 8 sessions, then a referral to a clinic or therapist in the community  
*NB: Time between ① and ② can be several weeks*

**CAPS CONNECT**  
To make an appointment:  
<http://vadenpatient.stanford.edu>

**OPTION A**  
Email Dr. Smith-Coggins, who can refer you to a community psychologist or psychiatrists who have seen Stanford medical students in the past  
[smithcog@stanford.edu](mailto:smithcog@stanford.edu)  
**OPTION B**  
Contact Vaden Health Center or your PCP for referral to outside psychologist or psychiatrist covered by your insurance  
**OPTION C **E****  
Contact Stanford Outpatient Psychiatry and Behavioral Health Clinic to see Stanford psychiatrist or psychologist  
**(650) 498-9111**  
*NB: Waitlist can be several months*

**WHAT TO DO**  
Contact any of the following resources:  
① Office of Medical Student Wellness  
**(650) 721-3963**  
[somwellness@stanford.edu](mailto:somwellness@stanford.edu)  
[smithcog@stanford.edu](mailto:smithcog@stanford.edu)  
② E4C  
③ Advising dean  
④ SOM Education Specialist, Lisa Medoff  
[lmedoff@stanford.edu](mailto:lmedoff@stanford.edu)

**E** = Will be recorded in EPIC Stanford EMR; Vaden records are not accessible through Stanford EMR

Credit: Ryan Brewster, Claire Rhee, and Bonnie Odelia Wong (Stanford Medicine Students)

## Roadmap to Wellness

### Building Resiliency

#### WHAT TO DO

- ① Talk to and be vulnerable around your classmates.
- ② Build a support system of family and friends.
- ③ Engage in wellness programs at the medical school through SMSA, Ears4Peers, yoga and mindfulness etc. Take time for self-care and relaxation!

### Prioritizing Mental Healthcare

#### WHAT TO DO

- ① Establish care early! Wait times can be long at clinics and at CAPS, so establish care before you're in crisis.
- ② Long-term care options include both Stanford and outside psychologists and psychiatrists, as well as community mental health centers that charge on a sliding scale
- ③ If you're in crisis, do not hesitate to call the CAPS Crisis Assistance line—they'll get you in right away.

*NB: None of your mental health records will be released to residency programs.*

### Unexpected Circumstances

#### WHAT TO DO

- ① Academic: Talk to Lisa Medoff, your E4C/advising dean, TAs/-mentors
- ② Personal: Reach out to OMSW/Dr. Smith-Coggins, Graduate Life Office (650) 736-7078
- ③ Talk to anyone you feel comfortable with (your support system, your healthcare providers, and resources throughout the School of Medicine)