

Assisting Distressed Students: Quick Reference Guide

ACT SWIFTLY!

medical and/or police
emergency¹

campus:
9-911
non-campus:
415-476-6911

request wellness check
for safety²

UCSF Hotline
415-476-4325 (HEAL)

inform your dean

School of Pharmacy - Cynthia Watchmaker	415-476-8025
School of Medicine - Lee Jones	415-476-2346
School of Dentistry - Sara Hughes	415-476-8059
School of Nursing - Catherine Gilliss	415-476-1805
Graduate Division - Elizabeth Silva	415-502-2927

1. **9-911**-- you are in the middle of a medical or safety emergency; for example: you find a colleague impaired, actively threatening suicide or engaging in threatening behavior.
2. **Wellness check**--you are concerned that a student is high risk for a serious problem and/or you haven't been able to reach a student when they should be available.

SHCS Mental Health Crisis Line: 415-476-1281 option 7

You may speak to a counselor 24/7 for urgent support or consultation.

UCSF Student
Academic Affairs