**WHAT SHOULD I DO IF A RESIDENT COMES TO ME FOR HELP?**

1. **Acknowledge your status as a responsible employee.**
   All residential student staff are required to understand and fulfill state, federal, and University mandated reporting requirements, including the Clery Act and Title IX. To submit a report, please visit [csaforms.stanford.edu](http://csaforms.stanford.edu).

2. **Listen to and affirm the experiences of your residents.**
   If a resident chooses to disclose a traumatic experience to you, trust that they chose you for a reason. The most immediately helpful thing you can do is listen to what they have to say. Listening can be as simple as being there as they process on their own. Don’t worry if you don’t feel like you know exactly what to say. It’s more important to make sure they feel heard.

3. **Refer & connect your resident to campus resources.**
   When a resident comes to you for matters relating to sexual and/or relationship violence, make sure to connect with the Resident Director assigned to your neighborhood for further support and guidance.

   - **For confidential counseling:** Confidential Support Team (24/7 hotline: 650-725-9955)
   - **For confidential advocacy and healing services:** YWCA (24/7 Support Line: (800) 572-2782)
   - **For education and healing:** SHARE: Education (saraoffice@stanford.edu / (650) 725-1056)
   - **For documentation and reporting options:** SHARE: Response (titleix@stanford.edu / (650) 497-4955)
   - **Stanford Title IX Coordinator:** Stephen Chen, schenix@stanford.edu
   - **For immediate mental health assistance:** Stanford Counseling and Psychological Services (650-723-3785)
   - **For residential support:** Dean on Call (650-504-8022)

4. **Practice self-care.**
   It is important that you take measures to promote your own self-care after helping someone deal with sexual and relationship violence, stalking, sexual harassment, and gender-based discrimination. Give yourself time and space to process and reflect on what you have heard and experienced and effectively deal with any challenges that result. For more on self care, please visit [https://sara.stanford.edu/help-others/self-care](https://sara.stanford.edu/help-others/self-care).

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For more information about your options, please contact the SHARE team at sharettitlex@stanford.edu!