

## **Wellness and Academic Support Resources for Graduate Students**

### **Health/Wellness Support:**

#### **Graduate Life Office (GLO)**

The Graduate Life Office serves graduate students and their families and is available to consult about any problem or crisis. GLO deans provide confidential consultations directly to graduate students or to faculty and staff who are concerned about students. To set up an appointment, call (650) 736-7078.

<https://vpge.stanford.edu/academic-guidance/problem-solving-crisis-intervention>

#### **Student Grief and Bereavement Workshop**

Stanford Students: If you are in the throes of loss – past or current – the Student Grief and Bereavement Workshop offers connection, solace, and support.

Whether you have already lost a loved one, or you are in the midst of losing someone now, you are welcome to join this safe haven of support. The group is co-facilitated by CAPS, the Office of Religious Life, and the Resident Deans. The Grief Group meets twice per quarter. Beth Gadomski, PsyD @ [bgadomski@stanford.edu](mailto:bgadomski@stanford.edu)

#### **Searchable Database for Wellness Resources**

<https://wellness.stanford.edu>

#### **CAPS/Vaden**

<https://vaden.stanford.edu>

<https://vaden.stanford.edu/caps/urgent> - I Need to Talk to Someone Now: Call 650-723-3785

#### **Suicide Prevention**

<http://www.suicidepreventionlifeline.org>

1 (800) 273-8255

National Suicide Prevention Lifeline

### **Academic Resources and Support**

#### **Dissertation Support Group**

Want to communicate better with your advisor or committee? Feeling blocked or stuck with your dissertation work? Experiencing problems with procrastination? Want support from other graduate students? Join Our Friendly Weekly Support Group!!!

This weekly group is for graduate students across all disciplines who are in the dissertation phase of their studies. It provides a forum for discussing obstacles to progress. It offers valuable support and the sharing of strategies for overcoming these barriers. For more information about joining this group, please contact: Dr. Alejandro M. Martinez (a.martinez@stanford.edu)

**Hume Center – Writing and Oral Communication Assistance**

<https://undergrad.stanford.edu/tutoring-support/hume-center/writing/graduate-students>

<https://sites.stanford.edu/undergrad/tutoring-support/hume-center/see-tutor>

<https://undergrad.stanford.edu/tutoring-support/hume-center/writing/graduate-students/dissertation-boot-camp>