

## Resources

<http://www.gradresources.org>

<http://www.phinished.org/> - a Discussion and Support Group for People Who Don't Seem to Finish Their Dissertations or Theses

<http://www.asgs.org/>

<http://www.graduate-student.com/> - Grad Student Info

<http://dliis.gseis.ucla.edu/people/pagre/network.html> - a Guide to Professional Skills for PhD Students

<http://www.jeastwood.com/> - Professional Doctoral Dissertation, Thesis, Book and Journal Article Editing

<http://www.irs.ustreas.gov/individuals/index.html>

<http://www.justcolleges.com/>

<http://stills.nap.edu/html/mentor/#contents>

<http://www.gradschools.com/> - The Most Comprehensive Online Source of Graduate School Information

<http://www.gradview.com/> - Graduate School, Grad School Financial Aid, Admission testing

<http://www.graduateresumes.com/> - Bringing Students and Employers Together

<http://www.supercollege.com/>

<http://www.cs.indiana.edu/how.2b/how.2b.html>

<http://www.princetonreview.com/home.asp>

<http://www.mentorcoach.com/> - Helping Accomplished Clinicians Become Extraordinary Coaches

<http://www.dissertationdoctor.com/>

<http://www.usnews.com/usnews/edu/beyond/bchome.htm>

<http://www.nagps.org/>

<http://www.freescholarships.com/>

<http://nextwave.sciencemag.org/feature/careercenter.shtml>

<http://www.grantsnet.org/>

<http://www.fastweb.com/>

<http://www.finaid.org/>

<http://www.bpdworld.org> - Online Chat for Bi-polar Depression

<http://www.dbsalliance.org/> - Bi-polar Depression Screening Tool

To connect to these resources with one click go to:

[www.gradhelp.org](http://www.gradhelp.org) and click on the Resources link.

## KBHC Mission Statement

**Depression is treatable and suicide is the most preventable form of death in the United States today.**

The Kristin Brooks Hope Center is a non-profit organization dedicated to suicide prevention, intervention and healing: by providing a single point of entry to community-based crisis services through innovative telephony and internet based technologies; by bringing national attention and access to services for post partum depression and other women's mood disorders; through education and advocacy; through formal research and evaluation of crisis line services; and, by championing the need for national funding for community-based suicide prevention crisis services.



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Washington D.C. 20002

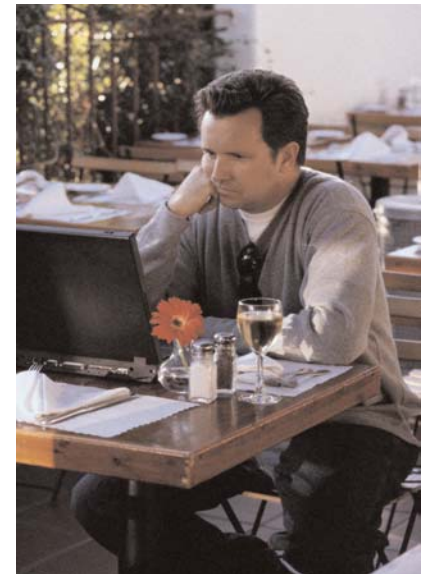
**P** 202.536.3200 **F** 202.536.3206

**E** [info@hopeline.com](mailto:info@hopeline.com)  
[www.hopeline.com](http://www.hopeline.com)

**FREE CRISIS HOTLINE**

**"IT WAS THE  
BEST OF TIMES,  
IT WAS THE WORST  
OF TIMES..."**

Charles Dickens,  
A Tale of Two Cities



**HELP!**<sup>TM</sup>

**1.800.GRADHLP**  
472.3457

**[www.gradhelp.org](http://www.gradhelp.org)**

## About Grad Help

**Summary of program:** 1-877 and 800 GRADHLP (472-3457) helps COLLEGE STUDENTS reach confidential, free telephone counseling, crisis intervention, suicide prevention, information and referral services provided by specially trained call takers. Caring, professional staff and well-trained volunteers answer 24 hours a day, 7 days a week, and 365 days a year.

All counselors have completed training to understand the unique issues faced by graduate students. In addition to listening to and empathizing with a caller's concerns, counselors assess the caller's lethality risk, counsel, and offer various local support services and mental health resources for follow-up.

**The Facts:** Suicide is the 2nd leading cause of death for college age students.

**Mission:** To provide Graduate and Professional students a helpline available to students in crisis. Graduate students facing overwhelming stress or despair now have the option of calling 1-877 or 800-GRAD-HLP (472-3457), toll-free, 24 hours a day, any day of the week, to speak anonymously with a counselor specially trained in graduate issues. Working in cooperation with local campus resources, this crisis line offers one more support system for individuals in crisis.

**Successes:** On February 2nd of 2005 NMHA and KBHC held a joint press conference on Capitol Hill with Rep. Kennedy and many others calling for the need for suicide prevention for college students and launching 1-800-GRADHLP. On June 15th 2005 about 31,000 telephone calling cards bearing the Grad Help logo worth over \$30,000 in telephone time were shipped to the freshmen students at MIT, UCLA and over 30 other Tier One and Two graduate schools.

**Target Population:** Graduate and professional students, who number 2 million in the United States alone, are an often-neglected sector of the public in terms of service organizations and resources. These graduate students, however, represent America's future since many go on to become our nation's leaders and professors.

## Grad Help: Frequently Asked Questions

### Q. How did Grad Help get started?

The Grad Help helpline began as a service of Grad Resources and in 2005 it moved to the Kristin Brooks Hope Center. The director of Grad Resources, Nick Repak, in conjunction with the Barna Research Group of Glendale, California, conducted a national study in 1990 designed to uncover the needs, pressures and values of graduate students. The results of this research indicated a severe lack of services geared to address the needs of graduate students, leading Repak to found Grad Resources in 1991.

### Q. What is the confidentiality policy of the crisis line?

The Crisis Line is operated by the Kristin Brooks Hope Center. We have very strict rules concerning the release of information. The caller's number and location does come up onscreen with each call. However, the information shared is only recorded in summary form, referred to in the case of a repeat caller (same person), tabulated only in generalities for the purpose of refining the services, and released to no one (including universities, families or others) except in extreme cases (such as death of the caller or upon their permission).

### Q. How are the crisis line counselors trained in or sensitive to graduate student issues?

Counselors were trained through the normal course of manuals, seminars, and monitored instruction (along with regular evaluation) as required by the National Hopeline Network. The Crisis Line that answers the calls were part of a day-long seminar on the stresses and challenges faced by grad students. This seminar, and the discussion which followed, were videotaped for future use in training other counselors.

### Q. What is the follow-up policy for callers?

Referrals include the local university mental health services, the campus crisis hot lines if they have them, community services (when available), off-campus help, or emergency rooms if these are the only after-hours services available.

### Q. What kind of information is shared with local services?

What kinds of local services are they talking about?

All partnerships discussed are between the Crisis Line and the local campus mental health services. No information is shared with them except at the request of the caller (i.e., when conferencing in local support persons while caller is on the line).

### Q. Since phone/address information (generally) pops up on a screen, is this information recorded and saved in any way?

Is it given out to anyone besides 911/local emergency resources if suicide risk is assessed as high?

No university administrators are given information about the caller unless the caller gives permission (some emergency personnel are given general statements about the person if it is necessary to treat them – i.e., so s said they are about to do harm). Grad Help does not archive this information and makes no attempt to "follow-up" callers for future contact.