YOU ARE NOT ALONE.

feeling sad anxious isolated hoPeless
overwhelmed having thoughts of suicide or just having a bad day?

USE YOUR SUPPORT SYSTEM
Ask for help even though it may be difficult. Talk with the supportive people in your life to feel heard or understood. If you’re unable to identify sources of support, mental health professionals are available and want to help.

REACH OUT. GET HELP. FEEL BETTER.

OUR RESOURCES
UCR COUNSELING CENTER
951-827-5531 • M-F • 8am-5pm
24/7 PHONE COUNSELORS
951-UCR-TALK • 951-827-8255 • 24/7 • Day or Night
EMERGENCIES
951-827-5222 • (UCR Campus Police)
RIVERSIDE HELPLINE
951-686-4357
NATIONAL SUICIDE HOTLINE
1-800-784-2433

VISIT THE “JUST IN CASE UC RIVERSIDE” MOBILE APP
Just in case you need to talk with someone, use this FREE mobile app for quick access to UCR contact info and links for campus and local mental health resources. GO.UCR.EDU/JUSTINCASE

Talking to mental health professionals can help you identify steps to get you back on the right track. They can also help you develop tools to better navigate life’s challenges. Call for non-judgmental support for any reason, even if you’re just having a bad day.
Each Mind Matters. 
You Matter.

YOU ARE NOT ALONE.
UCR has many resources to help you through hard times. Whether you just want to talk with someone, or need more in-depth professional help, we’re here for you.

Warning Signs of Distress:

**PHYSICAL**
- Changes in appetite
- Changes in sleep
- Low energy/tiredness
- Excess energy

**COGNITIVE**
- Decreased concentration
- Problems remembering things
- Inability to think clearly
- Absent-mindedness
- Racing thoughts

**EMOTIONAL**
- Feeling sad or low in mood
- Crying more than usual
- Increased irritability or anger
- Feeling helpless or hopeless
- Loss of interest in things you liked
- Feeling isolated or alone
- Thoughts of hurting yourself or others
- Thoughts of suicide

RESEARCH SUGGESTS THAT IN A GIVEN YEAR, ONE IN FOUR AMERICAN ADULTS LIVE WITH A DIAGNOSABLE MENTAL ILLNESS. EVEN THOSE WITHOUT A FORMAL DIAGNOSIS CAN STILL EXPERIENCE SHORT-TERM OR LONG-TERM CHALLENGES.

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EACH MIND MATTERS
California's Mental Health Movement
EACHMINDMATTERS.ORG

CalMHSA • 63 • JUST IN CASE
WELLNESS • RECOVERY • RESILIENCE
GO.UCR.EDU/JUSTINCASE

DOWNLOAD THE UCR MOBILE APP WITH YOUR SMARTPHONE