Let's Talk.

No matter how dark the cloud, the light will come.

If you or someone you know is struggling, we are here to listen and help.

ACCESS HELP 24/7 AT:

After-Hours Crisis Counseling & Consultation
(951) UCR-TALK
ON-CAMPUS: 2-TALK

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK

goto.ucr.edu/JustInCase

ON CAMPUS SUPPORT IS AVAILABLE AT
Counseling and Psychological Services and Student Affairs Case Management

VEITCH STUDENT CENTER, NORTH WING

125 COSTO HALL

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