SUICIDE CAN BE PREVENTABLE.

Help yourself or a loved one with free, confidential resources.

Let's Talk.

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

“Just In Case” Mobile App
go.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

This poster was developed in part under a grant number 1U76SM016261-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.