“Everyone wants happiness. No one wants pain. But you can’t have a rainbow, without a little rain.”
—Anonymous

Feelings are here to teach us – listen.

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

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