

If there is a life-threatening emergency, **call 9-1-1** or go to your nearest hospital emergency room.

UCR RESOURCES:

- **24-Hour Hotline:** 951-827-5531 or 2-TALK from campus phones. Mental health therapists are available for crisis counseling and consultation by phone.
- **Live Health Online:** LiveHealthOnline.com -OR- download the mobile app through Google Play or the App Store. Available 24/7 for scheduled appointments.
- **Student Affairs Case Management:** 951-827-5000
- **Campus Advocacy, Resources and Education (CARE):** 951-827-6225
- **Student Health Services:** 951-827-3031
- [Assisting Students in Distress – Red Folder](#)

Please be advised that after hours, UCPD may be dispatched to respond to a mental health emergency. Additionally, any of the above resources may dispatch UCPD if they feel that any student is at risk of harm to themselves or to others.

24/7 SUPPORT RESOURCES

- **National Suicide Prevention Hotline:** 800-784-2433/800-SUICIDE
- **Crisis Text Line:** 24/7 website at CrisisTextLine.org -OR- text HOME to 741741 at any time to chat with a trained crisis counselor about anything.
- **Alternatives to Domestic Violence:** 24-hour confidential hotline at 800-339-SAFE or 951-683-0829.
- **Trevor Lifeline:** 866-488-7386 -OR- **Trevor Chat:** TheTrevorProject.org/get-help-now/. **Trevor Text** is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678678. **Trevor Space** is a social networking site for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25 and their friends and allies. **Trevor Support Center** is a place where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more: TheTrevorProject.org/resources/trevor-support-center/
- **Trans Lifeline:** A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive: <https://translifeline.org> or 877-565-8860.
- **Riverside Helpline:** 800-866-HELP or 800-686-4357
- **National Sexual Assault Hotline:** 24/7 website at rainn.org or by phone at 800-656-HOPE or 800-656-4673.
- **National Mental Health Association:** 800-969-6642
- **National Institute of Mental Health:** 866-615-6464
- **American Foundation for Suicide Prevention:** 888-333-2377
- **American Association for Suicidology:** 800-333-TALK or 800-273-8255