

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](tel: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](http://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](tel:951-827-5000)
- **Campus Advocacy, Resources and Education (CARE):** [951-827-6225](tel:951-827-6225)
- **Student Health Services:** [951-827-3031](tel: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](tel:800-784-2433)/[800-SUICIDE](tel:800-SUICIDE)
- **Crisis Text Line:** 24/7 website at [CrisisTextLine.org](http://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](tel:800-339-SAFE) or 951-683-0829.
- **Trevor Lifeline:** [866-488-7386](tel:866-488-7386) -OR- **Trevor Chat:** [TheTrevorProject.org/get-help-now/](http://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/](http://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](tel:877-565-8860).
- **Riverside Helpline:** [800-866-HELP](tel:800-866-HELP) or 800-686-4357
- **National Sexual Assault Hotline:** 24/7 website at [rainn.org](http://rainn.org) or by phone at [800-656-HOPE](tel:800-656-HOPE) or 800-656-4673.
- **National Mental Health Association:** [800-969-6642](tel:800-969-6642)
- **National Institute of Mental Health:** [866-615-6464](tel:866-615-6464)
- **American Foundation for Suicide Prevention:** [888-333-2377](tel:888-333-2377)
- **American Association for Suicidology:** [800-333-TALK](tel:800-333-TALK) or 800-273-8255