

Just one friend can make a difference.

Link up and support a friend experiencing mental illness.

UCSD Students:

Counseling & Psychological Services (CAPS)
(858) 534-3755
caps.ucsd.edu

UCSD Staff and Faculty:

Faculty/Staff Assistance Program (FSAP)
(858) 534-5523
FSAP on BLINK



Mental illness often emerges in the late teens or early 20s, but many college students don't recognize symptoms or think to seek help. Reach out and support a friend in need. Offer to find help together. Getting help is the first step to a healthy future.

Up2SD.org/yourlife

LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES