

Take your mental health seriously.

Read up to learn about symptoms of 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. If you're not feeling like yourself, it's important you take your mental health seriously and get help early. With help, it can get better. Taking care of yourself ensures a promising future.

Up2SD.org/yourlife
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES