

Do you know the warning signs for suicide?

Speak up and
reach out to a
friend in need.



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

If you or someone you know is depressed, worried or feels like there is no way out, call for help. You are not alone. Help is available. **Access & Crisis Line (888) 724-7240**

Up2SD.org/yourlife

LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES