

# 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**