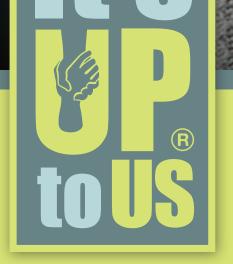
Do you know the warning signs for suicide?

Speak up and reach out to a friend in need.

UCSD Students:

Counseling & Psychological Services (CAPS) (858) 534-3755

UCSD Staff and Faculty: Faculty/Staff Assistance Program (FSAP) (858) 534-5523



caps.ucsd.edu

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