When you are struggling, know that there are options and people willing to listen and help.

UCSB Resources

Counseling & Psychological Services
(805) 893-4411
Available 24/7 by pressing “2” during nights, weekends, & holidays

Additional campus resources:
wellbeing.ucsb.edu
Even if you are unsure about where to start, any of these resources can help refer you to the best fit

National Resources

National Suicide Lifeline
Call 988
or
chat at https://988lifeline.org/chat/

Crisis Text Line
Text HOME to 741-741

If you are worried about a friend...

Student Mental Health Coordination Services
www.sa.ucsb.edu/REFERaGAUCHO
If you know a student who is struggling and you aren’t sure how to get them connected to support, please submit a form.