

**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](http://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.*