



UCR Healthy Campus is here to support our campus community. We will continue to prioritize important core values of diversity, equity, and inclusion, as well as the physical, mental, and social health and well-being of our students, faculty, and staff. We are committed to listen to and respect all voices. We seek to understand, advocate, and work together to generate collective solutions that will result in a stronger and healthier community and a more just and equitable society.

Healthy Campus has created strong networks across campus and through our connections we want to acknowledge and share resources that address recent challenges our campus community faces:

- The physical, mental, and social implications of the coronavirus pandemic
- The ongoing violence against diverse communities, including Black lives and communities highlighted in recent weeks, the COVID-related racism and discrimination towards the Asian and Pacific Islander community; and the various forms of racism, discrimination, and oppression impacting the lives of everyone.
- The issues around sexual assault and relationship violence.

Through the work of UCR Healthy Campus we strive to create a culture of health - an inclusive, equitable, healthy, and just working and learning environment for all.

UCR Healthy Campus is proud of the talents and passion of our student, faculty, and staff. UCR Healthy Campus cares and we stand with you.

Together we can create change and a better world for all.

Healthy Campus is offering to host talking circles on these issues, co-facilitated [by Counseling and Psychological Services \(CAPS\)](#) for any groups that are interested. If you are interested or have any questions, please contact healthycampus@ucr.edu.

This is not an exhaustive resource list, but we wanted to share a few with you:

UCR Coronavirus website

<https://ehs.ucr.edu/coronavirus>

Black Lives Matter Resources

<https://blacklivesmatter.com/>

<https://www.naacp.org/>

Asian Americans Advancing Justice Resources

<https://www.advancingjustice-aaajc.org/covid19>

<http://www.asianpacificpolicyandplanningcouncil.org/>

UCR Office of Diversity, Equity and Inclusion

<https://diversity.ucr.edu/resources>

Let's Fight Racism

<https://www.un.org/en/letsfightracism/>

End Racism/American Friends Service Committee

<https://www.afsc.org/key-issues/issue/ending-racism>

UCR Campus Advocacy, Resources and Education (CARE) - Sexual & Relationship Violence Support

CARE advocates are available to provide confidential support, options and resources. Please contact advocate@ucr.edu or 951-827-6225. Services are free and available to our campus community – <https://care.ucr.edu/resources>

Confidential Resources:

- Campus, Advocacy Resources & Education (CARE) for any academic, healing or advocacy support: call (951) 827- 6225; email advocate@ucr.edu or visit <https://care.ucr.edu/>
- Riverside Area Rape Crisis Center (24/7): (951) 686-7273 or visit <https://rarcc.org/> (OFF Campus)
- Alternatives to Domestic Violence: (800) 339-7233 or visit <https://alternativestodv.org/> (OFF Campus)

Non-Confidential Resources and Reporting:

- UCR Title IX Office: (951) 827-7070, titleix@ucr.edu or visit <https://titleix.ucr.edu/>
- University of California Police Department (UCPD): (951) 827-5222 or visit <https://police.ucr.edu/>

Counseling and Psychological Services (CAPS)

Students can be referred to contact Counseling & Psychological Service for support/services and CAPS can provide consultation to faculty and staff by calling (951) 826-5531 to speak with a counselor.

- In the remote environment, call to schedule an appointment or virtual walk-in consultation at (951) 827-5531, select Option 2, and leave a message. (Messages will be returned within 30 minutes, weekdays 9:00 a.m. – 4:30 p.m.).
- Access these many Support Resources for self-help and support from home. Visit counseling.ucr.edu for other crisis and connection

Faculty and Staff Assistance Program (FSAP)

UCR Staff and Faculty can contact the [Faculty and Staff Assistance Program](#) at (951) 781-0510 or (800) 266-0510 for confidential counseling, referral, or other resources.

UCR Healthy Campus

<https://healthycampus.ucr.edu/>

Our Healthy Campus team acknowledges that there is a lot more we can say and resources we can highlight. In an effort to get this out in a timely manner and not stay silent, we welcome any additional resources you would like to share or suggestions on how UCR Healthy Campus can continue to support the health and well-being of our campus community.

In Solidarity,

UCR Healthy Campus Advisory Committee

Subcommittees:

- Healthy Eating and Nutrition
- Physical Activity
- Mental Health
- Built Environment
- Substance Use and Addiction
- Communications and Marketing
- Metrics
- Culture Change