



## Resources For UCR Students, Faculty and Staff

### Healthy Campus

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

### COVID 19 Updates for UCR

- <http://ehs.ucr.edu/coronavirus>

## Healthy Eating/Nutrition

### R'Pantry (Students)

- <https://basicneeds.ucr.edu/rpantry>

### Team Fresh (Students)

- <https://well.ucr.edu/team-fresh>

## Mental Health/Recovery

### Active Minds (Students)

- <https://well.ucr.edu/get-involved/active-minds>

### Golden Arches (Students)

- <https://well.ucr.edu/get-involved/golden-arches>

### International Student Programs R'Time (Students)

- <https://www.ucr.edu/about/international>

### Trevor Lifeline

- <https://www.thetrevorproject.org/get-help-now/>
- 1-866-488-7386

### UCR CARE Program (Students)

- <https://care.ucr.edu/>

### UCR Health Psychiatry

- (844) 827-8000
- [Gerald.maguire@medsch.ucr.edu](mailto:Gerald.maguire@medsch.ucr.edu)

## Trevor Text

- Text START to 678678

## Trans Lifeline

- <https://translifeline.org>
- 1-877-565-8860 (24/7)

## Riverside Helpline

- <https://www.samhsa.gov/find-treatment>
- 1-800-686-4357

## California Peer-Run Warm Line

- <https://www.mentalhealthsf.org/peer-run-warmline/>
- 1-855-845-7415 (24/7)

## UCR CAPS

- <https://counseling.ucr.edu/>

## National Suicide Prevention Hotline

- (800) 273-8255 (24/7)
- <http://suicidepreventionlifeline.org>

## Crisis Text Line

- Text: 741741 from anywhere in the US (24/7)
- <http://crisistextline.org>

## International Suicide hotlines

- <http://suicidehotlines.com/international.html>

## Hotlines in China

- <https://mp.weixin.qq.com/s/4w4kh5uOIV-0eypAu9pNZw>

## R' Collegiate Recovery

- <https://well.ucr.edu/r-collegiate-recovery>

## Recovery Pen Pal program

- <https://evanskatie1226.typeform.com/to/OrqMCz>

## Global Online Recovery Community

- <https://www.intherooms.com/home/live-meetings/>

## Online resource list of virtual recovery meetings

- ([click for google sheet](#) )

## Recovery GroupMe (Students)

- To join contact Paola Rivas ([paola.rivas@collegiaterecovery.org](mailto:paola.rivas@collegiaterecovery.org))

## Headspace App

- <https://www.headspace.com/health-covid-19>

### **Calm App**

- <https://www.calm.com>

### **Mindfulness Coach App**

- <https://www.mobile.va.gov/app/mindfulness-coach>

### **Connections App**

- <https://www.addictionpolicy.org/connections-app>

### **Faculty and Staff Assistance Program**

- <https://hr.ucr.edu/employee-resources/faculty-and-staff-assistance-program>
- (951) 781-0510 or (800) 266-0510

## **Graduate Student Resources**

### **Graduate Program Support (Students)**

- <https://gsrc.ucr.edu/grad-grad-support>

### **UCR Gradsuccess (Students)**

- <https://graduate.ucr.edu/gradsuccess>

## **Physical Health**

### **UCR Recreation**

- <https://recreation.ucr.edu/>

### **WorkStrong**

- <https://hr.ucr.edu/about-us/workplace-health-wellness/workstrong>

### **UCR Ergonomics**

- <https://hr.ucr.edu/about-us/workplace-health-wellness/ergonomics>

### **Virtual Ergonomic Consultations**

- Dr. Clyde Blackwelder: [clyde.blackwelder@ucr.edu](mailto:clyde.blackwelder@ucr.edu)

## Other UCR Resources

### UCPD

- <https://police.ucr.edu/>
- (951) 827-5222

### UCR Veterans Resources (Students)

- <https://veterans.ucr.edu/>

### Diversity, Equity & Inclusion Student Programs

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

### Undocumented Student Programs

- <https://usp.ucr.edu/>

### UCR LGBT Resource Center (Students)

- <https://out.ucr.edu/>

### Student Disability Resource Center

- <https://sdrc.ucr.edu/>

### Women's Resource Center (Students)

- <https://wrc.ucr.edu/>

### UCR Case Management

- <https://casemanagement.ucr.edu/>
- Students, Faculty & Staff: Leave a message (951) 827-5000 or email [casemanager@ucr.edu](mailto:casemanager@ucr.edu)- to make an appointment