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
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/4w4kh5uOlV-0eypAu9pNZw

R’ Collegiate Recovery

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

Recovery Pen Pal program

- https://evanskatie1226.typeform.com/to/OrgMCz

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)

Headspace App

**Calm App**
• [https://www.calm.com](https://www.calm.com)

**Mindfulness Coach App**
• [https://www.mobile.va.gov/app/mindfulness-coach](https://www.mobile.va.gov/app/mindfulness-coach)

**Connections App**
• [https://www.addictionpolicy.org/connections-app](https://www.addictionpolicy.org/connections-app)

**Faculty and Staff Assistance Program**
• [https://hr.ucr.edu/employee-resources/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://gsrce.ucr.edu/grad-grad-support](https://gsrce.ucr.edu/grad-grad-support)

**UCR Gradsuccess (Students)**
• [https://graduate.ucr.edu/gradsuccess](https://graduate.ucr.edu/gradsuccess)

**Physical Health**

**UCR Recreation**
• [https://recreation.ucr.edu/](https://recreation.ucr.edu/)

**WorkStrong**
• [https://hr.ucr.edu/about-us/workplace-health-wellness/workstrong](https://hr.ucr.edu/about-us/workplace-health-wellness/workstrong)

**UCR Ergonomics**
• [https://hr.ucr.edu/about-us/workplace-health-wellness/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- to make an appointment