

# Managing My Mental Health @ UCSD

## WHERE TO START?



### DO I HAVE MILD SYMPTOMS?

- Feeling down.
- Feeling unmotivated, but still able to go to class, work, socialize.
- Some trouble sleeping.
- Feeling sad, but still able to take care of yourself or take care of others.



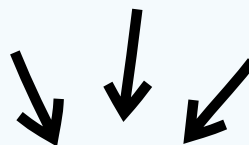
### IF SO, CONNECT WITH COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) FOR RESOURCES:

- Triton RISE together workshops.
- Let's Talk program.
- iFLOURISH & Self-Care technology programs.
- Togetherall: Online peer support group.
- Schedule an initial Brief Telephone Assessment (BTA) by calling CAPS at 858-534-3755.



### DO I HAVE SEVERE SYMPTOMS?

- Difficulty sleeping.
- Appetite changes that result in unwanted weight changes.
- Struggling to get out of bed because of mood.
- Difficulty concentrating that negatively impacts work, school, or socialization.
- Loss of interest in things you usually find enjoyable.
- Thoughts of death or self-harm.
- Thoughts of hurting others.
- Increased substance use.
- Experiencing paranoia, dissociation, hallucination.



### IF SO, SEEK PROFESSIONAL HELP IMMEDIATELY:

- Visit CAPS at Galbraith Hall 190 on M-F 8 am-4 pm for Urgent Care services.
- Request Triton CORE by calling 858-534-4357 for on-campus mobile crisis support.
- For students located off-campus during a mental health crisis, please call the Access & Crisis line in San Diego at 888-724-7240.
- For students who live overseas, check out TELUS Health.
- For any life-threatening emergencies, please call/ text 911 or go to the nearest Emergency Room.

