

Sponsored by the Riverside University Health System—Behavioral Health
In collaboration with the County of San Diego.

HELpline:  (951) 686-HELP or (951) 686-4357

Up2Riverside.org
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES



By raising awareness and providing access to Riverside County resources, we can inspire wellness, reduce stigma and prevent suicide.

It's Up to Us[®]

 **Riverside University**
HEALTH SYSTEM
Behavioral Health

It's Up to Us[®]

to talk openly about mental illness, recognize symptoms, utilize local resources, seek help or simply be there for a friend.

**Recovery is possible.
Help is available.**



If you think a friend or family member may be experiencing a mental health challenge, **Step Up** and remember to:

1. **Read Up** on signs and symptoms.
2. **Speak Up** and talk openly about what he/she is experiencing.
3. **Listen Up** and really hear what he/she is saying and feeling.
4. **Link Up** with local resources. Offer to get help together.
5. **Follow Up** and offer continued support.

Just one person reaching out can make a difference. **It's Up to Us.**