

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

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

HELpline:



Up2Riverside.org
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES



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 **Riverside
University
HEALTH SYSTEM**
Behavioral Health

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

Read Up

on signs and symptoms

Speak Up

and talk openly

Listen Up

and be attentive

Link Up

with local resources

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.

Up2Riverside.org