

National Suicide Prevention Lifeline
(800) 273-8255 (TALK)

By raising awareness and providing access to local San Diego resources, we can inspire wellness, reduce stigma and prevent suicide.

It's Up to Us



Up2Riverside.org
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES



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.

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