

# Support Resources

## 1. Counseling Centers

Counseling services provide a range of mental health services for students, including but not limited to psychotherapy, crisis assistance, and wellness workshops.

### CSUN



CSUN

University Counseling Services is available.

You can contact them at (818) 677-2366

Monday – Friday: 8am – 5pm

Click [here](#) for more.

### LAPC

Counseling Services is available.

You can contact them at (818) 710-4270

Monday – Thursday: 9am – 7pm

Fridays: 9am – 4pm

Click [here](#) for more.



### UCR

Counseling Services is available.

You can contact them at (951) 827-5531

Monday – Friday: 8am – 5pm

Click [here](#) for more.



## 2. Campus General Wellness

### CSUN

The Oasis Wellness Center features health and wellness programs for students. You can contact them at (818) 677-7373.

Monday – Thursday: 9am – 7pm

Friday: 9am – 4 p.m.

(Virtual Workshops Available)

Click [here](#) for more.



CSUN

The Klotz Student Health Center provides clinical and specialty services to address student health needs. You can contact them at (818) 677-3666.

Monday – Wednesday, and Friday: 8am – 5pm

Thursday: 9am – 5pm

Click [here](#) for more.

## LAPC

The Student Health and Wellness Center supports students with health and wellness. You can contact them at (818) 710-4270.

Monday – Thursday: 8:30am – 7pm

Friday: 8:30am – 4pm

Click [here](#) for more.



## UCR

The Well provides Highlanders with training, resources, skill building opportunities, and programming for a variety of topics including mental health, physical activity, nutrition, and general well-being. You can contact them at (951) 827-9355 OR [thewell@ucr.edu](mailto:thewell@ucr.edu).

Monday – Friday: 9am – 4pm

Click [here](#) for more.

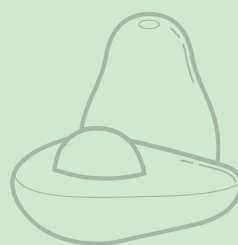


The Student Health Center supports students by providing high-quality medical care. You can contact them at (951) 827-3031.

Mondays – Wednesdays, and Fridays: 8am – 5pm

Thursdays: 9am – 5pm

Click [here](#) for more.



## 3. CalFresh

CalFresh is a federally funded food assistance program aiming to help low-income individuals and families fight food insecurity. Learn about eligibility and apply [here!](#)

## 4. Food Banks



Food bank organizations are here to help fight hunger by directly distributing free food to individuals. Locate a food pantry near you!

- Food pantries in [the Valley](#).
- Food pantries in the [Inland Empire](#)



## 5. Medi-Cal/Covered California

Medi-Cal/Covered California provides low-cost or free health coverage to eligible California residents. Find out more [here](#)!

## 6. Crisis Text Line



The Crisis Text Line is a free 24/7 confidential empathy network ready to chat with you about anything. Get connected with a trained Crisis Counselor by texting HOME to 741741. Learn more [here](#).



## 7. Shelter and Additional Resources

The U.S. Department of Housing and Urban Development ([HUD](#)) assists individuals and families affected by homelessness. Seek assistance:

- [San Fernando Valley Rescue Mission](#)
- [Path of Life Ministries Family Shelter](#)

## 8. Internet/Computer Access



United Ways of California offers free or low-cost internet and/or computer access to eligible individuals. Find more information [here](#)!