

Students in Distress

Life at UCSB can sometimes be difficult. Below are resources for students experiencing distress.

Campus Advocacy Resource and Education (CARE): <http://wgse.sa.ucsb.edu/care/home>

Counseling & Psychological Services <http://caps.sa.ucsb.edu>

Food Resources: <http://food.ucsb.edu/resources/food-resources>

Health and Wellness <http://wellness.sa.ucsb.edu>

Office of Financial Aid: <http://www.finaid.ucsb.edu/>

Office of Student Life (OSL) <http://osl.sa.ucsb.edu/>

Resource Center for Sexual and Gender Diversity: <http://wgse.sa.ucsb.edu/RCSGD/home>

UCSB Alcohol and Drug Program: <https://alcohol.sa.ucsb.edu/>

UCSB Social Work Services: <http://studenthealth.sa.ucsb.edu/behavioral-health/social-work>

UCSB Student Health Services: <http://studenthealth.sa.ucsb.edu/>

Undocumented Student Services <http://www.sa.ucsb.edu/dreamscholars/home>

*Note: Students experiencing financial distress can also email UCSB's Financial Crisis Response team at Financialcrisis@sa.ucsb.edu