**Students in Distress**

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


Counseling & Psychological Services [http://caps.sa.ucsb.edu](http://caps.sa.ucsb.edu)

Food Resources: [http://food.ucsb.edu/resources/food-resources](http://food.ucsb.edu/resources/food-resources)

Health and Wellness [http://wellness.sa.ucsb.edu](http://wellness.sa.ucsb.edu)


Office of Student Life (OSL) [http://osl.sa.ucsb.edu/](http://osl.sa.ucsb.edu/)

Resource Center for Sexual and Gender Diversity: [http://wgse.sa.ucsb.edu/RCSGD/home](http://wgse.sa.ucsb.edu/RCSGD/home)

UCSB Alcohol and Drug Program: [https://alcohol.sa.ucsb.edu/](https://alcohol.sa.ucsb.edu/)


UCSB Student Health Services: [http://studenthealth.sa.ucsb.edu/](http://studenthealth.sa.ucsb.edu/)

Undocumented Student Services [http://www.sa.ucsb.edu/dreamscholars/home](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*