

Emergency/Well-Being Resources:

- [Counseling and Psychological Services \(CAPS\)](#)
- [Emergency/Crisis Help](#)
- [Talk to a Case Manager](#)
- [Solutions for Money Emergencies](#)
- [Food Resources for Students](#)
- [Alternative Transportation](#)

UCR Student Affairs Resources:

[Student Affairs](#)

UCR Academic Resources:

[Vice Chancellor Undergraduate Education](#)

Additional Resources

[UCR Academic Calendar](#)

[Counseling and Psychological Services](#)

[Student Case Management](#)

[Student Disability Resource Center](#)

[The Well](#)

[Recreation](#)

[Health](#)

[Women Resource Center Resources](#)

[Resources for Students with Families \(Parents\)](#)

[UCR CARE Student Resources](#)

[Undocumented Student Programs](#)

[Diversity Student Programs](#)

[Student Conduct & Academic Integrity Programs](#)

[R'Side Upcoming Events](#)

[R'Pantry](#)

[Challenge the Cooking Well program](#)

Peer Support:

[First Generation Student Resources](#)

[UCR Commuter Resources](#)

[Transfer Student Resources](#)

[Diversity Resources](#)

[Outdoor Excursions, Leadership, and Teambuilding](#)