

On-Campus Resources

- **Due to COVID-19, many campus operations are closed. However, campus services are still being offered remotely. See UCR's COVID-19 Updates below:**
 - <https://ehs.ucr.edu/coronavirus>
- **Please see websites listed for further information about services provided.**
- Counseling Resources
 - Campus Advocacy, Resources, & Education (CARE) Office
 - Phone: (951) 827-6225
 - Hours: Monday-Friday 8:30 AM-4:30 PM
 - Website: <https://care.ucr.edu/>
 - Counseling and Psychological Services (CAPS)
 - Phone: (951) 827-5531 OR (951) UCR-TALK (827-8255) (24/7 Hotline)
 - Hours: Monday–Friday, 9 AM–4:30 PM
 - Website: <https://counseling.ucr.edu/>
 - UCR Office of the Ombuds
 - Phone: (951) 827-3213
 - Hours: 8 am - 5 pm by appointment (In person or phone)
 - Website: <https://ombudsperson.ucr.edu/>
 - LGBTQ & Allies Resource Center
 - Provides support, education, and advocacy regarding sexual orientation and gender identity for the UC Riverside campus community.
 - Phone: (951) 827-2267
 - Hours: Monday–Thursday 9 AM – 8 PM, Friday 9 AM – 6 PM (Fall 2020 Online Hours)
 - Website: <https://out.ucr.edu/>
 - Women's Resource Center
 - Provides programs and services that support and empower the UCR community. We offer campus safety programs, sexual assault and domestic violence support, student leadership opportunities, and special events connected to women's and gender issues. We champion student persistence, gender equity, a strong sense of community, and everyone's right to safety and a high quality of life.
 - Phone: (951) 827-3337
 - Hours: *call for further information.*
 - Website: <https://wrc.ucr.edu/>
- Reporting Options
 - Title IX, Equal Opportunity & Affirmative Action Office
 - Phone: (951) 827-7070
 - To File a Report: <https://titleix.ucr.edu/reporting>
 - Email: titleix.ucr.edu
 - *All operations are remote during this period due to COVID-19, on-campus office is not staffed currently.*
 - UC Police Department, Riverside (UCPD)

- Emergency Phone: 911
- Lobby Hours: 7 AM-9 PM
- Other Phone: (951) 827-5222
- Website: <https://police.ucr.edu/>
- *Operations continuing in person.*

Off-Campus Resources

- Riverside/Inland Empire Area
 - Riverside Area Rape Crisis Center (RARCC)
 - Offers free, confidential services to survivors, their friends and families, and professionals ages 12 or older, including counseling and medical accompaniment.
 - Hours: Monday-Friday 8 AM-5 PM, Free Services: 24/7 Hotline & Advocacy
 - Phone: (951) 686-7273 (24/7 Hotline)
 - Website: <https://rarcc.org/about-us>
 - Alternatives to Domestic Violence (ADS)
 - Offers services including a 24-hour crisis line, emergency and transitional housing, outreach services to victims of domestic violence, individual and group counseling, life skills and job training, child development services, child and teen counseling, and a range of training programs for legal professionals, first responders and employers in the identification of and response to domestic violence.
 - Hours: Monday-Wednesday 8:30 AM-5 PM, Closed Thursday/Saturday/Sunday
 - Phone: (951) 320-1370 (24/7 Hotline)
 - Website: <https://alternativestodv.org/>
 - Trauma Recovery Center Mental Health Services for Victims of Crime
 - The TRC provides supportive services, outreach, emergency, and healing interventions to victims/survivors and their families. The focus is to respond to victimization from crimes and complex trauma from interpersonal violence including domestic violence, sexual assault, family and community violence, sex trafficking, intimate partner stalking and homelessness.
 - Phone: (951) 425-8900
 - Website: <https://alternativestodv.org/trauma-recovery-center/>
- Palm Desert/Indio Area
 - San Bernardino Sexual Assault Resources (SBASAS)
 - Provides a safe place for survivors to find healing and support.
 - Phone: 1-909-885-8884
 - Website: <https://www.sbsas.org/>
 - Shelter from the Storm (Domestic Violence Agency/Shelter)
 - Provides 24-Hour Crisis Hotline, Weekly Case Management Services, Domestic Violence Outreach, Consultation, Community Counseling with licensed professionals, and provision of basic hygiene/personal care items in Palm Desert and Indio areas.
 - Hours: Monday-Friday 8 AM-5 PM
 - Phone: (760) 674-0400 (Palm Desert) / (760) 863-8363 (Indio)
 - Website: <https://www.shelterfromthestorm.com/>
- Speak Your Truth Worldwide Podcast

- “If you are a survivor who would like to speak your truth or an artist within the community/industry with a topic we need to discuss here please email us at speakyourtruthworldwide@gmail.com. We are here for YOU and the betterment of the dance community/industry.”
- Instagram [@sytworldwide](https://www.instagram.com/sytworldwide)

24/7 National Hotlines

- Rape, Abuse, Incest National Network (RAINN)
 - The RAINN Online Hotline provides confidential, one-on-one crisis support for anyone affected by sexual assault. The organization also offers support via phone.
 - Phone: 800-656-4673
 - Website: <https://rainn.org/>
- Love Is Respect Online Hotline
 - The Loveisrespect Online Hotline provides confidential, one-on-one crisis support to young people with questions and concerns about their dating relationships. The organization also offers support via phone and text.
 - Phone: 1-866-331-9474 Text: LOVEIS to 1-866-331-9474
 - Website: <https://www.loveisrespect.org/>
- 1 in 6 National Helpline for Men Who Were Sexually Abused or Assaulted
 - The 1in6 Online SupportLine offers crisis intervention and support to men seeking immediate information and resources related to unwanted sexual experiences in childhood. The organization also offers online Peer SupportGroups.
 - Phone: 1-877-628-1in6
 - Website: <https://1in6.org/>