On-Campus Crisis:
Monsour offers 24/7 crisis services.
8:30am-5pm during weekdays: Call Monsour to speak with or schedule an appointment with the therapist on call.
After hours: Call Monsour. You will be prompted and connected with the on-call therapist.

MONSOUR COUNSELING AND PSYCHOLOGICAL SERVICES (909) 621-8202

Other resources:
National Suicide Hotline: 1-800-784-2433 (1-800-SUICIDE)
National Hotline: 1-800-273-8255 (1-800-273-TALK)
LGBTQ+ The Trevor Lifeline: 1-866-488-7386
Crisis Text Line: Text HELLO to 741-741