



**ASKING FOR HELP**  
shouldn't be a big deal—  
**it should be empowering!**

**UNR.EDU/LIVEWELL**



## UNR STUDENT? CONNECT WITH US!

**NEVADACARES** PROVIDES PREVENTION OPPORTUNITIES AND CONFIDENTIAL ADVOCACY SERVICES TO THOSE IMPACTED BY SEXUAL ASSAULT, RELATIONSHIP VIOLENCE, AND STALKING. CONFIDENTIAL ADVOCATES ARE AVAILABLE TO PROVIDE SUPPORT TO STUDENTS WHO HAVE EXPERIENCED ANY FORM OF POWER-BASED VIOLENCE.

**FOR MORE INFORMATION OR TO REQUEST AN APPOINTMENT, CALL 775.682.8006 OR EMAIL [NVCARES@UNR.EDU](mailto:NVCARES@UNR.EDU).**

**NEVADA'S RECOVERY AND PREVENTION (NRAP)** IS A STUDENT-FOCUSED, PEER-DRIVEN, COLLEGIATE RECOVERY PROGRAM AND OPEN TO ANYONE IN THE UNIVERSITY WHO WANTS RECOVERY SUPPORT, INTERESTED IN BEING PART OF A RECOVERY COMMUNITY, LIVING A SUBSTANCE-FREE LIFESTYLE, AND/OR SEEKING WELLNESS SERVICES. **FOR MORE INFORMATION, VISIT [NVRAP.COM](http://NVRAP.COM), CALL 775.784.6224, EMAIL [NRAP@CASAT.ORG](mailto:NRAP@CASAT.ORG), OR DROP BY THE NRAP LOUNGE LOCATED AT WRB 1001 (OPEN M-F 9AM-5PM).**



PEOPLE CALL, TEXT, AND CHAT THE 988 LIFELINE TO TALK ABOUT A LOT OF THINGS, INCLUDING: THOUGHTS OF SUICIDE, ANXIETY, SEXUAL ORIENTATION, FEELING DEPRESSED, LONELINESS, TRAUMA, ECONOMIC WORRIES, AND MORE!

WHATEVER YOUR REASON FOR WANTING SUPPORT, THE 988 LIFELINE IS THERE TO HELP. **CALL OR TEXT 988 OR CHAT [988LIFELINE.ORG](http://988LIFELINE.ORG) #YOUARENOTALONE.**