

**Remember "CUPS" to check for Alcohol Poisoning. Call 911 if you see any of these symptoms:**

**C:** Cold, clammy, pale or bluish skin\*

**U:** Unconscious or unable to be roused\*

**P:** Puking repeatedly/  
without waking

**S:** Slow or irregular breathing\*



# CONTACT US

We have a full clinical staff and mental health team available to help.



805-378-1413



Admin Bldg Rm 111



mc\_studenthealthcenter

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