



Dear UCLA International Students and Scholars,

We understand that the outcome of this week's election may stir up a range of emotions, and it is normal for emotions to run high in moments like these. Everyone processes these events differently, and The Dashew Center is here to offer support and resources to our international community during this time.

As a resource office for our international student and scholars, we want to reaffirm that we are here to support you. Whether you are feeling anxious, hopeful, or anything in between, prioritizing your mental health and well-being is essential. If you are experiencing distress, here are some resources that may help:

- **Counseling & Psychological Services:** [UCLA CAPS](#)
- **Peer Support:** [UCLA CAPS](#) offers a series of therapy groups for international bruins
- **Wellness Resources:** [RISE Center](#). *See upcoming [Post-Election Processing Spaces](#).

Our staff are also here to meet with you regarding any questions or feedback you may have.

Regarding immigration policies that may impact the international community, it is important to note that no major changes have been implemented at this time. The impact of a presidential election often takes time to materialize, and it is too soon to determine if or how immigration policies may be affected.

The Dashew Center is closely monitoring any developments and will keep the international Bruin community informed about any policy changes. Additionally, we are planning to host an event in late January 2025 to offer further context and insights on potential changes to immigration and visa policies that may affect international students and scholars.

If you feel the need to consult or be advised on legal inquiries, please direct specific questions to [UCLA Student Legal Services](#), or one of our [immigration attorneys](#) recommended by the Dashew Center in our website.

International Bruins, we are here for you and please do not hesitate to [Contact Us](#) for any reason.

Take good care,

Sam Nahidi, Director, and the Dashew Center Team