



Campus and Mental Health Resource Guide: 2021-2022

COUNSELING AND PSYCHOLOGICAL SERVICES

Call in for a Triage Assessment Same Day Appointment: (310) 825-0768

- Monday – Thursday: 9am - 4pm
- Friday: 9am - 3pm

CAPS Crisis Line: (310) 825-0768

This line is available 24 hours a day, 7 days a week, including holidays.

| Wellness Skills Groups | 3-5 Weeks | Open to all UCLA students who have completed a Brief Screen at CAPS |
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| Wellness Skills Groups are designed to help you enhance wellness and develop personal, academic, and social skills. Wellness Skills Groups are offered at various times in the academic quarter, each are typically held as a 3-session series. Topics include: Academic Success groups, Anxiety groups, Interpersonal Process groups, and Mind/Body groups. | | |
| Descriptions of Wellness Skills Groups can be found on the CAPS website or current CAPS Brochure | | |

| Therapy Groups | 5-8 Weeks | Only open to students with SHIP, require a clinician referral |
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| Every quarter CAPS offers about 20 different Therapy groups based on a variety of topics. The evaluation period of Therapy Groups happens during weeks 1-3. It is strongly encouraged that you look into Therapy Groups at the beginning of the quarter, since most Therapy Groups close to new enrollment around week 3. | | |
| Descriptions of Therapy Groups can be found on the CAPS website or current CAPS Brochure | | |

RESILIENCE IN YOUR STUDENT EXPERIENCE (RISE) CENTER - Lu Valle Commons, Rm B-01



RISE seeks to build a resilient campus community by cultivating self-care, connection, healing, and well-being. RISE serves as CAPS' holistic wellness hub and is located in Lu Valle Commons, Rm B-01. RISE provides an array of healing programs, trainings, workshops, consultation, Mental Health Leadership Training Certificate Program and self-directed resources to foster and support resilience. The RISE Center is offering a robust virtual programming to support well-being and community upliftment. Please check our [programming calendar](#), Instagram, or Facebook for program information and updates.

- [Video Learning library](#)
- [Guided Meditations \(Audio\)](#)
- [Handouts and Worksheets](#)
- [RISE Themed Playlists \(Spotify\)](#)
- [Sleep 101 Module](#)
- [When Home is Not Safe - Healing Program](#)
- [Mindful Eating](#)
- [Healing Support for Black Bruins](#)
- [Resources for Faculty and Staff](#)
- [Harmony @ Home - Working Through Conflict](#)

Website: <https://www.risecenter.ucla.edu>

Instagram: @RISEcenterUCLA

Facebook: RISE Center UCLA

Twitter: UCLA_RISE

MENTAL HEALTH RESOURCES (More information available on the CAPS Website)

LiveHealth Online



With LiveHealth Online you have the ability to see a licensed therapist or psychologist through your phone, tablet or computer with internet access. Utilize LiveHealth Online 24 hours a day on weekdays, weekends, and campus holidays. The cost for students with UC SHIP is \$5; no referral for UCSHIP. **Coupons to waive the fee for services rendered are available at the CAPS Front Desk for all UCLA Students** (does not cover late or missed appointment fees).

MYSSP: Internation Student Support Program

A new service to support the emotional health and wellbeing of our international students. If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak with someone, My SSP can help!

- Real-time chat or phone call with a professional (24/7, no appointment needed) In Mandarin, Spanish, French, and English.
- Call to schedule short-term support via phone and video sessions with a professional (can request to be set up with a counselor who speaks a specific language)
- Support is available in multiple languages and from professions who understand the unique challenges students face when studying in a new environment
- Wellbeing assessments, articles, podcasts to support your emotional wellbeing content to help support international students' success
- Sign up for virtual fitness sessions to help you stay active at home!



TAO: Therapy Assistance Online



The TAO self-help platform was built to support student educational and skill development needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support and education for common issues such as: improving mood, calming anxiety, managing stress, succeeding in relationships, improving communication skills, exploring issues related to alcohol and drug use, and managing anger. Please note that the resources available in the TAO self-help platform are informational and are intended to serve as an aid in understanding the topic areas presented.

These resources are not intended as a substitute for treatment from a qualified mental health professional. TAO is FREE to use for all UCLA students!

Website: <https://us.taconnect.org/register> (make sure to register with your UCLA email).

Campus Mental Health Resources

UCLA Dual Diagnosis Intensive Outpatient Program

The UCLA Dual Diagnosis Program is an 8-week Intensive Outpatient program consisting of group therapy each weekday, once weekly individual therapy, and medication management. The program uses evidence-based approaches to treat both Addictive Disorders and co-occurring conditions including Depressive Disorders, Anxiety Disorders, and Bipolar Disorder. Addiction and co-occurring disorders are treated simultaneously with emphasis given to the way in which these conditions reinforce one another.

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| <p>UCLA Psychology Clinic https://www.psych.ucla.edu/centers-programs/clinic</p> | <p>UCLA Psychology clinic provides low-fee individual and group therapy as well as assessment/testing services for adults, children, couples, and families. The Clinic serves as a training and research center for psychotherapy and diagnostics. The staff includes doctoral students in Clinical Psychology working under the supervision of UCLA faculty. Contact Info: (310) 825-2305 or ucla@psychclinic.hush.com</p> |
| <p>UC-Lend Clinic http://www.uc-lend.org/lend-clinic/</p> | <p>The UC-LEND program has a focus on understanding of the impact of neurodevelopmental disabilities (ND) on individuals and families in order to improve the care and outcomes for these individuals over the lifespan. Our primary care providers offer ADHD, autism, and other neurodevelopmental evaluations in addition to linking our patients with a care team that helps families in meeting mental health needs, educational advocacy, and make linkages to resources. Contact Info: See website</p> |
| <p>Spanish Speaking Psychosocial Clinic https://www.semel.ucla.edu/psychiatry/service/spanish-speaking-psychosocial-clinic</p> | <p>The Spanish Speaking Psychosocial Clinic (SSPC) provides low-fee individual psychotherapy with focus on the provision of socio-culturally competent, comprehensive mental health services to the rapidly growing and underserved Latino community. (Open Fall, Winter, and Spring Quarters). Contact Info: (310) 825-6501</p> |
| <p>Mindfulness Awareness Research Center (MARC) https://www.uclahealth.org/marc/default.cfm</p> | <p>The mission of the UCLA Mindfulness Awareness Research Center (MARC) is to foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society. MARC was created to bring to a renowned mental health research institution the ancient art of mindful awareness in a scientifically supported and rigorous form. The MARC website provides information about mindfulness classes and events, free programming and resources, and free guided meditations. Contact Info: marcinfo@ucla.edu</p> |

Peer/Student Group Mental Health Resources

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| <p>Active Minds https://swc.ucla.edu/active-minds/</p> | <p>Active Minds is a mental health advocacy group dedicated to changing the conversation about mental health, promote suicide prevention and de-stigmatizing mental illness throughout the UCLA campus and LA area. Active Minds focuses on providing mental health resources, spreading awareness on mental illness, and advocating for better mental health care on campus. Contact Info: activemindsucla@gmail.com</p> |
| <p>All Brains https://www.uclaallbrains.org/</p> | <p>All Brains is an inclusive space for students with autism, ADHD, or other learning differences. We are proud to be the first program at UCLA to cater to our neurodiverse students through fun social events, peer mentorships, and student/staff training. Contact Info: ucla.allbrains@gmail.com</p> |
| <p>Dashew Global Siblings https://www.internationalcenter.ucla.edu/programs-events/global-siblings</p> | <p>The Global Siblings program pairs one international student with one domestic student for the academic year. While not a mentoring program, Global Siblings is designed so that domestic and international students can share their unique backgrounds and experiences with each other and their Global Siblings family through participation in organized social activities. Global Siblings is a great resource for both domestic and international students to make new friends at any stage in their transition to life at UCLA. Contact Info: See website</p> |
| <p>Financial Wellness Peers https://www.financialwellness.ucla.edu/Make-An-Appointment</p> | <p>Financial Wellness Peers offer 1-on-1 peer financial coaching sessions. Their program offers many personal tools students can use to navigate their own economic well-being process such as reviewing topics such as budgeting, frugal living tips, loan borrowing and repayment, credit scores and more! Contact Info: See website</p> |
| <p>MannMukti at UCLA https://mannmuktiucla.wixsite.com/mysite</p> | <p>MannMukti at UCLA is an organization that aims to raise awareness about, destigmatize, and advocate for the mental health needs of South Asian students on campus in an inclusive and intersectional manner. Through culturally-specific workshops with mental health providers, support circles, and a peer mentorship program, we hope to provide support and build community. Contact Info: mannmuktiucla@gmail.com</p> |
| <p>Resident Assistants (RAs)</p> | <p>If the student lives on "The Hill" they have an upper-division student who oversees their floor or community. RAs are responsible for the administration and implementation of the student development program in a residential community. RAs are knowledgeable about campus resources and can connect students to them.</p> |
| <p>Student Health Education & Promotion (SHEP) https://www.healtheducation.ucla.edu/</p> | <p>SHEP works to cultivate a supportive campus community that optimizes the healthiest possible development, fosters academic success, and creates a platform for life-long well-being of the campus community and all its members through broad health promotion strategies as well health education on specific content material such as sexual health education, alcohol harm reduction, communication strategies, and body image education. SHEP also offers Life Skills (CHS 179), a 4-unit course developed to assist students in navigating the developmental and academic challenges of the college years and beyond. Contact Info: See website</p> |
| <p>WAZO Connect https://www.wazoconnect.com/</p> | <p>Wazo Connect is a program that aims to fight loneliness at UCLA and help students feel connected to the campus life. WAZO mentoring program assigns students, suffering from the stress that comes with college life, to a trained student mentor. It is a 6-week program that includes both one-on-one sessions from 1 to 3 hours a week with a student mentor, as well as biweekly group meetings to develop alternative forms of wellness and self-expression. Contact Info: wazo.contact@gmail.com</p> |

Campus Resources: Academic

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| <p>Academic Advancement Program (AAP) https://www.aap.ucla.edu/</p> | <p>AAP provides an array of academic services that encourages and promotes academic achievement and excellence among historically underrepresented, low-income, and first generation college-going students. The mission of AAP is to ensure the academic success and graduation of all AAP students; increase the numbers of AAP students entering graduate and professional schools; and to develop the academic, scientific, political, economic, and community leadership necessary to lead and transform our society. Contact Info: See website</p> |
| <p>Academic Counseling https://www.registrar.ucla.edu/Academics/Academic-Counseling</p> | <p>Academic counseling can help students determine how to fulfill requirements, create degree objectives, or decide on a major. New students should get academic counseling before they enroll in classes. Contact Info: See website</p> |

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| <p>Center for Accessible Education (CAE) https://www.cae.ucla.edu/</p> | <p>CAE provides educational support services and programmatic access to regularly enrolled students with verifiable permanent and temporary disabilities and provides information to the campus community about services to students with disabilities. CAE provides students with disabilities academic support services in accordance with federal and state legal requirements and University policy. To receive services students must register with the Office for Students with Disabilities and submit documentation of their disability. Contact Info: (310) 825-1501</p> |
| <p>Graduate Student Resource Center (GSRC) https://www.gsrm.ucla.edu/</p> | <p>The UCLA Graduate Student Resource Center (GSRC) is a Graduate Students Association (GSA) initiative that is managed by Student Affairs. The GSRC is a resource, referral and information center for graduate and professional school students. They offer advice and assistance in dealing with the challenges of graduate school and workshops/programs in collaboration with campus partners. Contact Info: 310-267-4805 or gsrm@saonet.ucla.edu</p> |

Campus Resources: Community

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| <p>Bruins Helping Bruins https://alumni.ucla.edu/alumni-mentor-program</p> | <p>The UCLA Alumni Mentor Program seeks to foster meaningful relationships between UCLA alumni and current UCLA students. The connections made in this program help prepare students for a successful future and leave a lasting impact on the Bruin community. Contact Info: (310) 825-2586 or alumni@alumni.ucla.edu</p> |
| <p>Black Bruin Resource Center https://blackbruinresourcecenter.ucla.edu/</p> | <p>The mission of the UCLA BBRC is to uplift, support, and inspire the UCLA Black and African Diaspora Community. With the goal of cultivating community, family, and power, the UCLA BBRC serves as a space where the community can call home. The BBRC will serve the social and cultural needs of the campus's Black community. The BBRC addresses students' critical call for a safe, convening environment and creates space and opportunity for Black students and organizations to organize and engage in academic, social-cultural, leadership, community development, and networking activities. The center is located Kerckhoff 164 and 168. Contact Info: (310) 206-9255 or bbrc@saonet.ucla.edu</p> |
| <p>Bruin Resource Center (BRC) https://www.brc.ucla.edu/</p> | <p>The mission of the Bruin Resource Center (BRC) is to support students' development, well-being, and academic success by providing valuable resources, services and learning opportunities and by promoting a supportive and inclusive campus community. The BRC serves all UCLA students, with a particular focus on current and former foster youth, students with dependents, Bruin Underground Scholars, and undocumented students. The BRC also offers programs that promote holistic development and education of the student and the larger campus community, such as the Intergroup Relations and Student Development and Coaching. Contact Info: 310-825-3945 or brc@saonet.ucla.edu</p> |
| <p>Collegiate Recovery Program https://www.collegiaterecovery.ucla.edu/</p> | <p>UCLA's Collegiate Recovery Program (CRP) is dedicated to providing academic, wellness, and emotional support to students who are in recovery or who are considering recovery. Through individual support, education, and campus advocacy, their aim is to create an inclusive environment and supportive community to help students thrive at UCLA and beyond. Contact Info: 310.794.1823 or recovery@saonet.ucla.edu</p> |
| <p>Community Programs Office http://www.uclacommunityprograms.org/</p> | <p>The UCLA Community Programs Office serves as an umbrella department for the Student Initiated Outreach Center, Student Retention Center, and twenty five student-initiated community service projects. CPO strives to increase students from underserved communities' access to higher education, retention in the university, and graduation rates while also serving as a conscious effort in the community, working toward the empowerment of all people. Contact: (310) 825-5969 or support@cpo.ucla.edu</p> |
| <p>Dashew Center for International Students & Scholars https://www.internationalcenter.ucla.edu/</p> | <p>The Dashew Center for International Students & Scholars serves the international community at UCLA. They are the central hub for contact, resources, support and advocacy for international students and scholars. Contact Info: (310) 825-1681</p> |
| <p>LGBT Campus Resource Center https://www.lgbt.ucla.edu/</p> | <p>The UCLA Lesbian Gay Bisexual Transgender Campus Resource Center is the crossroads of the LGBTQ community at UCLA, providing a comprehensive range of education and advocacy services supporting intersectional identity development. The LGBT CRC fosters unity, wellness, and an open, safe and inclusive environment for lesbian, gay, bisexual, intersex, transgender, queer, asexual, questioning, and same-gender-loving students, faculty, staff, alumni, their families, and the entire campus community. Contact Info: (310) 206-3628 or lgbt@lgbt.ucla.edu</p> |
| <p>First To Go https://firsttogo.ucla.edu/</p> | <p>Housed under the First Year Experience, First To Go promotes campus involvement and visibility with a focus on the retention and success of all first-generation college students at UCLA. The office serves as a resource hub to assist current UCLA undergraduate students as they navigate the campus and provide support in building community. Contact Info: (310) 983-3022 or firsttogo@orl.ucla.edu</p> |
| <p>Student Organizations, Leadership & Engagement (SOLE) https://www.sole.ucla.edu/About-US</p> | <p>The SOLE office advises over 1200 campus organizations. Students can utilize their website to find a student organization that might best fit their interests. Services include registration of new and continuing organizations, programming assistance, organization & leadership development, fundraising approval and guidelines, funding proposal consultation, and advisement on policies. Contact Info: (310) 825-7041 or uclasole@ucla.edu</p> |
| <p>Transfer Student Center https://transfers.ucla.edu/</p> | <p>The Transfer Student Center is committed to serving the diverse population of transfer students at UCLA and the needs particular to this community. We help students hit the ground running by connecting them to the university system and offering support and the tools they need to achieve their desired goals at UCLA and beyond. Contact Info: (310) 206-3552 or transfers@saonet.ucla.edu</p> |
| <p>Veteran Student Center https://veterans.ucla.edu/</p> | <p>The Veteran Resource Center (VRC) provides caring and personalized support to UCLA undergraduate and graduate military-connected students. We provide guidance on educational benefits, academic support, career development, and community building opportunities for military-connected students. Contact Info: (310) 983-3022 or veteran@saonet.ucla.edu</p> |

Campus Resources: Situational Resource

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| <p>Basic Needs Committee https://www.basicneeds.ucla.edu/Hungry/Resource-List</p> | <p>The Basic Needs Committee website has a list of student resources off and on-campus regarding food insecurity: including information about 580 Café, ECRT Meal Vouchers, Cal Fresh, Farmer’s Markey Gleaming Program, ORL Grocery Shuttle, Food for Finals, CPO Grocery Bundle, and [Fitted] Eats (food and cooking demos/class). Contact Info: See website</p> |
| <p>Campus Assault Resources and Education (CARE) https://www.careprogram.ucla.edu/</p> | <p>CARE is committed to the eradication of sexual and gender-based violence through creating and sustaining a safe, healthy, and equitable community for all people. CARE strives to achieve this through provision of comprehensive prevention education, individual support and advocacy, and holistic healing programs for all members of the UCLA community. Contact Info: (310) 206-2465 or advocate@careprogram.ucla.edu</p> |
| <p>Consultation and Response Team (CRT) https://www.studentincrisis.ucla.edu/</p> | <p>UCLA’s Consultation & Response Team (CRT) is a group of professional staff members charged with responding to reports of students who may be in distress. This team is comprised of representatives from key campus departments, such as The College, Dean of Students, Counseling and Psychological Services, Residential Life, and the UCLA Police Department. Case Managers are available to meet directly with students or advise campus constituents on how to work with students in distress. Contact Info: 310-825-7291 or CRTeam@ucla.edu</p> |
| <p>Economic Crisis Response Team (ECRT) https://www.studentincrisis.ucla.edu/Economic-Crisis-Response</p> | <p>The Economic Crisis Response Team (ECRT) provides support and guidance to students who have self-identified, or are identified by UCLA faculty or staff, as experiencing a financial crisis that impacts their academic success at UCLA. Contact Info: (310) 206-1189 OR (310) 794-4146 or ecr@saonet.ucla.edu</p> |
| <p>Financial Wellness Program https://www.financialwellness.ucla.edu/</p> | <p>UCLA’s Financial Wellness Program empowers all Bruins to confidently navigate their finances in a way that supports their overall well-being. The program fosters financial literacy skills through workshops, coaching and online educational efforts. The program offers individual financial coaching and personal tools students can use to navigate their own economic well-being process. Contact Info: financialwellness@saonet.ucla.edu</p> |
| <p>Office of Ombuds Services http://www.ombuds.ucla.edu/</p> | <p>The Office of Ombuds Services is a place where members of the UCLA community—students, faculty, staff and administrators—can go for assistance in resolving conflicts, disputes or complaints on an informal basis. The Office is independent, neutral and confidential. The office works to ensure that all members of the University community receive fair and equitable treatment in matters of concern or complaint. They facilitate communication and assist parties in reaching their own mutually acceptable agreements when conflicts arise. Response is tailored to the dynamics of the situation & the informed consent of the visitor. Contact Info: (310) 825-7627</p> |
| <p>Rape Treatment Center at UCLA Medical Center, Santa Monica https://www.uclahealth.org/santa-monica/rape-treatment</p> | <p>The Rape Treatment Center provides comprehensive services for sexual assault victims – adults and children – 24 hours a day, including specialized medical care, forensic services, counseling, and information about rights and options. All RTC services are free. UCPD will transport if requested. Contact Info: (424) 259-7208</p> |
| <p>Scholarship Resource Center http://www.scholarshipcenter.ucla.edu/</p> | <p>The UCLA Scholarship Resource Center (SRC) was established in 1996 to provide scholarship information, resources, and support services to all UCLA students, regardless of financial aid eligibility. They primarily assist UCLA’s undergraduate students, but offer resources for graduate students as well. Contact Info: (310) 206-2875 or src@college.ucla.edu</p> |
| <p>Student Legal Services http://www.studentlegal.ucla.edu/</p> | <p>The UCLA Student Legal Services provides confidential* legal counseling and assistance regarding a wide range of legal issues to all currently registered and enrolled UCLA students. They are able to help students with a variety of problems, including: Landlord / Tenant Relations, Accident and Injury Problems, Domestic Violence and Harassment, Criminal Matters, Divorces & Other Family Law Matter, Automobile Purchases, Credit, Collections, Financial Issues, Employment Matters, and Health Care & Consumer Problems. Contact Info: (310) 825-9894</p> |

Bruin Safe App

Bruins Safe is an essential tool to enhance your safety at UCLA. The app will send you important safety alerts and provide instant access to campus safety resources. Bruins Safe is the official mobile safety app of UCLA. Bruins Safe benefits include:



- Safety notifications: Receive instant notifications and instructions from campus safety when on-campus emergencies occur.
- Emergency help: contact campus safety staff quickly for help in an emergency.
- Campus safety resources: access all important safety resources in one convenient app.

Urgent and Emergency Resources

- **911:** Life Threatening Emergencies
- **UCLA Counseling And Psychological Services (CAPS) 24/7 Urgent Line:** 310-825-0768
- **UC Police Department:** 310-825-1491
 - 601 Westwood Plaza, Los Angeles, CA 90095
- **UCLA Arthur Ashe Student Health & Wellness Center:** 310-825-4073
 - 24/7 Nurseline: 310-825-4073, Press Option 2
- **Suicide Prevention Lifeline:** 800-273-TALK (8255)
www.suicidepreventionlifeline.org
- **LA County’s Psychiatric Mobile Response Team:** 800-854-7771
- **Ronald Reagan UCLA Medical Center Emergency department:** 310-825-2111
 - 757 Westwood Plaza, Los Angeles, CA 90095
- **Exodus Recovery’s Westside Mental Health Urgent Care Center:** 800-829-3923
 - 11444 W. Washington BLVD., STE D, Los Angeles, CA 90066
- **Rape Treatment Center At Santa Monica – UCLA Medical Center:** 424-259-7208
 - <https://www.uclahealth.org/santa-monica/rape-treatment>
- **National Domestic Abuse Hotline:** 800-799-SAFE (7233)
- **Rape, Abuse, Incest National Network (RAINN):** 800-656-4673
- **The Trevor Project** A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
 - TrevorLifeline: 1-866-488-7386
 - TrevorText: Text START to 678678.
 - TrevorChat: <https://www.thetrevorproject.org/get-help-now/>