

Important UCLA Campus Resources

Students with disabilities

Students needing academic accommodations based on a disability should contact the Center for Accessible Education (CAE) at (310) 825-1501 or present in person at Murphy Hall A255. As the professionals delegated authority from the campus to determine reasonable disability accommodations, CAE will assess all requested accommodations and communicate appropriately with faculty. In the event that a student has approval for proctoring arrangements during exams, please inform your respective professors and/or Teaching Assistant(s) before date of exam(s). When possible, students should contact the CAE within the first two weeks of the term as reasonable notice is needed to coordinate accommodations. For more information visit www.cae.ucla.edu.

Gender Discrimination

Title IX prohibits gender discrimination, including sexual harassment, domestic and dating violence, sexual assault, and stalking. For more information, go to <https://www.sexualharassment.ucla.edu/>.

Confidential Resources: Students who have experienced sexual harassment or sexual violence can receive confidential support and advocacy at the CARE Advocacy Office for Sexual and Gender-Based Violence, 1st Floor Wooden Center West, CAREadvocate@caps.ucla.edu, (310) 206-2465. You can also report sexual violence or sexual harassment directly to the University's Title IX Coordinator, located in 2241 Murphy Hall, email: titleix@conet.ucla.edu, phone: (310) 206-3417.

Counseling and Psychological Services (CAPS) also provides confidential counseling to all students and can be reached 24/7 at (310) 825-0768.

Non-confidential Resources: You can also report sexual violence or sexual harassment directly to the University's Title IX Coordinator, 2241 Murphy Hall, titleix@conet.ucla.edu, (310) 206-3417. Reports to law enforcement can be made to UCPD at (310) 825-1491. These offices may be required to pursue an official investigation.

Faculty and TAs are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Coordinator – **a non-confidential resources** – should they become aware that you or any other student has experienced sexual violence or sexual harassment.

Counseling and Psychological Services

College is a very stressful time. There are many resources on campus for students to help with study habits, anxiety, stress, and depression. Students are encouraged to check out the Counseling and Psychological Services (CAPS) center at UCLA (<http://www.counseling.ucla.edu>) for these resources. In addition to counseling and other psychological and mental health services, they provide additional resources such as readings on dealing with stress and anxiety, group counseling sessions, mindfulness trainings, and other behavioral services. Walk-in hours are Monday-Thursday 8am-4:30pm and Friday 9am-4:30pm in John Wooden Center West. **Crisis counseling is also available 24 hours/day at (310) 825-0768.** CAPS services are often covered by UC SHIP.

Additional Resources

UCLA is renowned for academic excellence, and yet we know that many students feel overwhelmed at times by demands to succeed academically, socially and personally. Our campus community is committed to helping all students thrive, learn to cope with stress, and build resilience. Remember, self-care is a skill that is critical to your long-term success. Here are some of the many resources available at UCLA to support you:

- **Ashe Student Health and Wellness Center** <http://www.studenthealth.ucla.edu> Provides high quality and accessible ambulatory healthcare and education by caring professionals to support the academic success and personal development of all UCLA students.
- **Healthy Campus Initiative (HCI)** <https://healthy.ucla.edu> Provides links to a wide variety of resources for enhancing physical and psychological well-being, positive social interactions, healthy sleep, healthy eating, healthy physical activity and more.
- **Campus and Student Resilience** <https://www.resilience.ucla.edu/> Provides programs to promote resilience and trains students to help support their peers.
- **UCLA Recreation** <https://www.recreation.ucla.edu/> Offers a broad array of services and programs including fitness, yoga, dance, martial arts, meditation, sports, and much more.
- **Equity, Diversity and Inclusion** <https://equity.ucla.edu/> Committed to providing an equal learning, working and living environment at UCLA and supports a range of programs to promote these goals campus-wide.
- **UCLA Undocumented Student Program** <https://www.usp.ucla.edu> Supports undocumented students by providing caring, personalized services and resources that enable students to reach their highest potential.
- **UC Immigrant Legal Services Center** <https://www.usp.ucla.edu/legalservices> Provides free, direct immigration legal services to undocumented students and their families and for undocumented family members of students with legal status.
- **Dashew Center** <https://www.internationalcenter.ucla.edu/> Provides services for international students.
- **UCLA GRIT Coaching Program** <https://www.grit.ucla.edu/> GRIT stands for Guidance, Resilience, Integrity and Transformation. In this program, UCLA students receive individualized support from trained peer coaches to manage stress, fostering positive social connections, set goals, and navigate campus resources.

Resources for Students Dealing with Financial Stress

For students who encounter shelter or food insecurity, please consider the following resources.

- **Bruin Shelter** <http://www.bruinshelter.org/> Provides a safe, supportive environment for fellow college students experiencing homelessness by fostering a collaborative effort between universities, community-based organizations, and service providers.
- **The CPO Food Shelter** <http://www.cpo.ucla.edu/cpo/foodcloset/> Provides free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships.