

Cotsen Institute of Archaeology | Mental Health Resources

UCLA has many resources for mental health. However, finding the resources that meet your personal needs can be overwhelming. We have created this guide to help you navigate the numerous departments on campus so you can find the help you seek, whether it is crisis intervention, short-term counseling services, psychiatric services or mind-body wellbeing. This guide is intended to serve students, faculty and staff.

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Students

1. Are you in crisis?

<https://caps.ucla.edu/services/are-you-in-a-crisis>

IF THIS IS A LIFE-THREATENING EMERGENCY, CALL 9-1-1 OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM.

You might be in crisis if

- you are thinking about harming yourself or others
- you feel unable to function, e.g. get out of bed, eat, shower
- you have experienced a recent traumatic event

Call (310) 825-0768 for UCLA's Counseling and Psychological Services (CAPS) Brief Screen intake:

Hours: Monday-Thursday 9am-4pm and Fridays 9am-3pm (Pacific Time).

2. Emergency assistance on or near campus

- [UC Police Department \(UCPD\)](#)
Call 9-1-1 or (310) 825-1491
- [Ronald Reagan UCLA Medical Center](#)
[Map to Medical Center](#)
(310) 825-9111 Main line
(310) 825-2111 Emergency Department

3. If you are having thoughts about suicide

- CAPS (24 hours): (310) 825-076
- [National Suicide Prevention Hotline](#) (24 hours): (800) 273-TALK (8255) or chat online
- [Crisis Text Line](#) (24 hours): Text 741-741 from anywhere in the USA, anytime, about any type of crisis.

4. If you have experienced sexual assault, intimate partner violence, or stalking

- Call CARE at (310) 206-2465
- Contact a UCLA CARE Advocate at: advocate@careprogram.ucla.edu

- [Rape Treatment Center at Santa Monica-UCLA Medical Center](#) (424) 259-7208
- Call the National Sexual Assault Hotline at (800) 656-HOPE (4673) or visit [RAINN](#) (Rape, Abuse & Incest National Network) to get help in your local area

5. You want to help, but may be unsure what you can do. Call and consult with professionals

Get advice from people that have experience. The following links and contact information will help you find a professional to consult.

[UCLA Consultation & Response Team \(CRT\)](#)

- CRT Case Managers can help you determine the best path forward: [UCLA Case Managers](#)
 - Get to know the Case Managers (videos): [Meet the Case Managers](#)
- For non-urgent concerns, email CRTeam@ucla.edu
- Emergencies: Dial 9-1-1
- UCPD Non-Emergencies: (310) 825-1491 (24 hours/day)
- UCPD Anonymous Message/Tip Line: (310) 794-5824 (24 hours/day)
- Counseling and Psychological Services (CAPS): (310) 825-0768 (24 hours/day)
- [UCLA Staff & Faculty Counseling Center](#): (310) 794-0245

6. Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) is a multidisciplinary student mental health center for the UCLA campus. CAPS is open during regular business hours, providing all services through telehealth*.

24/7 crisis support is always available by phone: 310-825-0768

All registered UCLA students are eligible for same-day clinical consultation and help with referrals, linkage, treatment recommendations, and coordination of mental health care and support regardless of insurance plan or current residence.

*Office phones are answered Mondays through Fridays 8:00 am - 5:00 pm. For other hours, please refer to <https://counseling.ucla.edu/>.

a. Getting Started with CAPS: Beginning Assessment/Treatment

<https://caps.ucla.edu/services/beginning-treatment-what-you-need-to-know>

All CAPS services start with an initial Intake phone call. Be prepared – this will take 45-60 minutes. You will be required to sign on to the Ashe Patient Portal and fill out assessment and consent forms. The link above includes information on the process, links to the Ashe Patient Portal, eligibility and fees and SHIP mental health benefits. [Ashe Patient Portal](#)

All registered UCLA students are eligible for assessment and treatment planning; crisis management; brief individual treatment; group treatment and/or referral to other resources as needed.

More information about services can be found here: <https://counseling.ucla.edu/services/our-services>

b. RISE: Resilience in the Student Experience

<https://risecenter.ucla.edu>

The RISE (Resilience In Your Student Experience) Center, is an affiliate program and physical extension of UCLA's Counseling and Psychological Services (CAPS).

The RISE Center is a holistic wellness hub that provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being for the UCLA student community. Services are free of cost to students and are led by a team of healing practitioners, mental health experts, prevention educators, wellness advisors, and student ambassadors. RISE champions best practices around equipping students with social-emotional skills, embracing difference and diversity, and elevating the concept of "mental health" as an every-day habit so that students can meet their full capacity for personal success. Our wellness oasis offers inclusive, accessible services such as meditation, yoga, peer coaching, and other mind-body modalities. Please email

RISE@caps.ucla.edu to schedule an intake with a resilience advisor. More information about RISE programming can be found on Instagram: [@RISEcenterUCLA](#) or Facebook: [RISE Center UCLA](#).

c. Short-Term Therapy Model: Counseling and Psychotherapy

CAPS utilizes a short-term therapy model which focuses on helping you clarify your concerns and work towards the resolution of difficulties.

- Individual counseling sessions are 45-50 minutes in duration and scheduled with a specific staff clinician

- The frequency and total number of sessions are determined by clinical need and clinic policies.
- Counseling is provided by licensed psychologists, licensed clinical social workers, and licensed marriage and family therapists. Sessions are also provided by advanced unlicensed psychology and social work trainees who work under close supervision of our licensed staff.
- You and your clinician will discuss treatment goals, which may include referrals to CAPS psychiatric services or group treatment for comprehensive care.
- Couples counseling is available only if both parties are currently registered UCLA students. Students may not receive concurrent individual and couples therapy at CAPS.
- For a higher level of care, CAPS may coordinate referrals to Behavioral Health Services (BHS) at the UCLA Neuropsychiatric Institute, UC SHIP-Anthem community providers or providers in your private health insurance network.

d. Psychiatry Services

- Psychiatry services are available by referral from your CAPS clinician.
- Please consult with your psychiatrist about ongoing treatment options if you are currently out of state.

e. Remote Services Also Available

Remote services offered by CAPS: <https://counseling.ucla.edu/file/d5743087-f114-4e53-ba9e-8dc70775d4c3>

This file explains all CAPS' remote services at-a-glance, including a 24/7 crisis phone number, number to call for scheduling services and guide to fees.

NOTE: You are eligible for services for the quarter following the last quarter you were enrolled.

7. UC Student Health Insurance Plan (UC SHIP) Mental Health Benefits

<https://counseling.ucla.edu/about-us/uc-ship-mental-health-benefits>

The UC Student Health Insurance Plan (UC SHIP) is a comprehensive medical insurance program offered to UCLA students. This link will take you to information about your mental health benefits, a guide to network and out-of-network providers, how to initiate

off-campus services and How to use UC-SHIP Insurance outside of the U.S. to access Mental Health Services.

8. Request for accommodation of a disability or functional limitation (CAE)

<https://cae.ucla.edu>

The Role of the Center for Accessible Education

The UCLA Center for Accessible Education (CAE) is responsible for the administration of UCLA's commitment to ensuring access and participation for all students with qualifying disabilities or medical conditions. The Americans with Disabilities Act stipulates that postsecondary institutions are responsible for providing necessary accommodations when a student discloses a disability. The CAE is tasked with determining the necessary accommodations to facilitate a student's access to instruction and participation in the college academic experience. Faculty members are important disabilities office partners, as they can help ensure that students have access to the accommodations for which they are approved.

An accommodation is a legally mandated modification or service designed to mitigate the functional limitations associated with a student's disability. Reasonable accommodations are determined through an interactive process between the CAE, the student, and instructional staff. Students who request reasonable accommodations must submit current documentation from licensed physicians, psychologists, or other qualified professionals. It is the student's responsibility to initiate the request for accommodations with the faculty. It is the faculty's role to facilitate access to classroom accommodations.

BEGIN HERE: <https://cae.ucla.edu/students/accommodation-requests>

Faculty & Staff

9. Staff and Faculty Counseling Center (SFCC)

<https://www.chr.ucla.edu/employee-counseling>

UCLA's Staff and Faculty Counseling Center (SFCC) fosters a productive and supportive work environment for all employees.

There are a wide range of services available, such as confidential counseling for employees and their family members, management consultation, coaching, training, retreat facilitation, work-life programs, support groups and community resource referrals.

Services are free, voluntary and confidential.

a. Are you in crisis?

<https://www.chr.ucla.edu/employee-counseling/crisis-management>

UCLA's Staff and Faculty Counseling Center (SFCC) assists faculty and staff with Crisis management in the following areas:

- Violence in the Workplace
- Critical Incident Debriefing
- Work-Group Interventions

b. Schedule an appointment

<https://www.chr.ucla.edu/employee-counseling/counseling-consultation>

UCLA provides counseling, assessment and referral services to faculty and staff and their immediate family members as well as management consultations and coaching to department managers.

c. Maintaining workplace wellness

UCLA's Staff and Faculty Counseling Center (SFCC) fosters a productive and supportive work environment for all employees.

- [Let's Talk Articles](#)
- [Substance Abuse in the Workplace](#)
- [Staff & Faculty Counseling Top 10 Tips](#)
- [Training, Workshops & Retreat Facilitation](#)
- [UCLA Tobacco-Free Policy](#)
- [Work-Life](#)

d. More about the Staff and Faculty Counseling Center

Additional resources:

- [Employee Assistance Resources](#)
- [Staff & Faculty Counseling Center eBrochure](#)
- [Staff & Faculty Counseling Center Directory](#)
- [Staff & Faculty Counseling Newsletters](#)
- [Upcoming Events](#)

10. Helping students in distress

Each UCLA community member offers a valuable perspective when working with students in distress. We share the responsibility of responding when a student's health or safety is at risk by reporting these concerns to the appropriate offices and referring students to campus resources. If it is not clear whether a student is in distress, contact for a consultation.

[UCLA Consultation & Response Team \(CRT\)](#)

- CRT Case Managers can help you determine the best path forward: [UCLA Case Managers](#)
 - Get to know the Case Managers (videos): [Meet the Case Managers](#)
- For non-urgent concerns, email CRTeam@ucla.edu

If there is an emergency or incident that needs an immediate response, please call 911 or contact UCPD at (310) 825-1491.

The Red Folder (how to respond to students in distress at-a-glance): <https://studentincrisis.ucla.edu/download/39679e1c-a57d-48d0-83a2-a906c1e53669>

11. Helping a distressed colleague

A coworker is often first to observe signs of distress or trouble. The Behavioral Intervention Team can provide help and has compiled an informational guide to aid in identifying and assisting colleagues that are displaying indicators of distress.

[Employees in Distress Guide](#)

12. Provide classroom or testing accommodations (CAE)

<https://cae.ucla.edu>

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determining the necessary accommodations to facilitate a student's access to instruction and participation in the college academic experience. Faculty members are important disabilities office partners, as they can help ensure that students have access to the accommodations for which they are approved.

An accommodation is a legally mandated modification or service designed to mitigate the functional limitations associated with a student's disability. Reasonable accommodations are determined through an interactive process between the CAE, the student, and instructional staff. Students who request reasonable accommodations must submit current documentation from licensed physicians, psychologists, or other qualified professionals. It is the student's responsibility to initiate the request for accommodations with the faculty. It is the faculty's role to facilitate access to classroom accommodations.

BEGIN HERE: <https://cae.ucla.edu/faculty>

All

13. Mandatory reporting and responsible employees

It is important to know, any UC employee who is not identified as a confidential resource is what is called a "Responsible Employee" - this means they are required to report sexual violence, sexual harassment or other conduct prohibited by the Title IX policy to the Title IX director or designee. This includes student employees (GSRs, TAs, etc). The FAQ page available [here](#) describes what to do and when.

However, there are confidential resources on campus that can be consulted before deciding if you want to have an incident reported. The [CARE Program](#) serves survivors of sexual violence and sexual harassment and can help with this decision. Providing this information upfront allows the individual to decide whether to talk to you or go to a confidential resource.

14. Mind & Body Wellness

- Mindful Meditation through the UCLA Mindful Awareness Research Center: <https://www.uclahealth.org/marc/getting-started>
- UCLA Recreation provides at-home classes, programs, and activities: <https://secure.recreation.ucla.edu/> (Membership and class fees may apply)

- (Faculty & Staff only) Bruin MindFit is a 4- week hands-on mindful movement and meditation course that teaches several effective stress management tools and is offered to faculty and staff at no cost: <https://fitwell.recreation.ucla.edu/programs/bruin-mindfit>
- (Students only) Ashe Center Student Health Services: <https://www.studenthealth.ucla.edu/services>
- (UCLA Employees) List of health & wellness services offered through campus: <https://www.campuservices.ucla.edu/health-wellness>

15. Resources regarding COVID-19

The following are helpful resources for supporting yourself and others during these challenging times:

- Resources on COVID-19: <https://caps.ucla.edu/what-is-new/resources-regarding-covid19>
- [UCLA Mental Health Care Package \(Managing Stress and Anxiety around COVID-19 and Racial Trauma\)](#)
- [Coronavirus Anxiety Workbook](#)
- Guide to Health and Well-being at UCLA - [RISE Center at UCLA's Coping Through COVID-19 Series](#)

In partnership with BeyGOOD and the Start Small fund, the UCLA Depression Grand Challenge team has put together a [COVID-19 Care Package](#) that includes resources and tools designed to lift moods and ease anxiety and depression.