

List of Resources at UCLA

UCLA Counseling and Psychological Services (CAPS)

<http://www.counseling.ucla.edu/>

Counseling and Psychological Services (CAPS) is a multidisciplinary student mental health center for the UCLA campus. CAPS supports the academic and student development missions of the University and the Division of Student Affairs. We're here to support your mental health needs as you pursue your academic goals. Our services are designed to foster the development of healthy well-being necessary for success in a complex global environment.

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.

UCLA Mindful Awareness Research Center

<http://marc.ucla.edu/>

Mindfulness is experiencing life from moment to moment with full awareness and acceptance. The practice of mindfulness teaches us to pay greater attention to our internal and external experiences leading to a more balanced and harmonious existence.

Students gain a deeper awareness of the body/mind connection, sensory perception and their interconnection with all beings. Participation, questions and discussion are all highly encouraged. Respect of self and others, kindness and compassion form the foundation of the class experience.

Students gain tools that help them navigate the many changes occurring in their lives, if implemented on a consistent basis. The practice of mindful awareness can guide students to improve relationships, create relaxation and calmness soothe the self, increase memory, enhance focus, reduce stress, manage reactions and emotions, increase self-acceptance, and feel more at ease with test taking.

UCLA Consultation & Response

<https://www.studentincrisis.ucla.edu/>

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. Each week, members meet to assess distressed students' needs and develop a plan of care, which may include student outreach or referrals to campus and community resources. Depending on the nature of the situation, team members may also consult with the UCLA offices impacted by the crisis. CRT members will balance FERPA, HIPAA, and California State Privacy Law when communicating with UCLA constituents.

UCLA CARE

<http://www.counseling.ucla.edu/CARE-Program>

Campus Assault Resources & Education (CARE) is a safe place for student survivors of sexual assault, dating and domestic violence, and stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. CARE also provides trauma-informed yoga to survivors as well as awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. CARE offers free, confidential services to all currently enrolled students.

BRUIN MOVEMAIL

<http://www.recreation.ucla.edu/movemail>

It's not just another email. It's a MoveMail. Our daily MoveMails sent at 10 a.m. and 2 p.m. provide you with instructional videos, movement breaks you can do anywhere, walking routes on and near campus, updates on FitBreaks and programs that are happening now at a location near you, and other health and nutrition tips. Enroll at: <http://www.recreation.ucla.edu/movemail>.

UCLA Intergroup Relations

<http://www.igr.ucla.edu/Dialogue-Events/Faculty-Student-Dinner-Dialogues>

FACULTY STUDENT DINNER DIALOGUES are held twice each quarter, during weeks 3 & 6, in one of the private dining rooms of the campus dining halls. The dinner dialogues are typically co-facilitated by two trained IGR student interns and engage both students and invited faculty with expertise around a topic related to diversity or identity issues. The dinners are provided free for all who RSVP and attend, regardless of whether the person has a meal plan or not.

Past Dinner Dialogue topics have included:

Diversity Requirement
Immigration and Experiences of Undocumented Students
LGBTQ Awareness
Religion/Spirituality
Consent/Sexual Assault
Race and Police Enforcement
Free Speech vs Hate Speech
Intersections of Social Media, Culture and Social Justice Issues
Transfer Student Experience

UCLA Spanish Speaking Psychosocial Clinic

The Spanish Speaking Psychosocial Clinic (SSPC) provides training in the provision of socio-culturally competent, comprehensive mental health services to the rapidly growing and underserved Latino community. Patients span the full range of psychiatric diagnostic categories and are provided treatment in a variety of modalities, including individual, conjoint and family psychotherapy, as well as pharmacotherapy.

Though the SSPC patient population comprises all levels of acculturation, most are primarily Spanish speaking or bilingual. Referrals come from within the UCLA Medical Center, as well as from clinics and community based agencies in the greater Los Angeles region.

The outpatient clinic is staffed by culturally competent, bilingual mental health professionals within the disciplines of psychiatry, psychology and social work who have extensive knowledge of Latino cultural issues related to immigration, acculturation, ethnicity, class, socioeconomic status, language, cultural practices, traditions and beliefs that impact the psychological functioning of Latino individuals and families.

From the time of its inception in 1977, the clinic has supported research projects devoted to expansion of knowledge related to the mental health care of the Latino population, including psychiatric epidemiologic and treatment effectiveness studies. Currently the clinic is collaborating with the UCLA Chicano Studies Research Center on clinical and educational research related to the Latino community.

Booking

Availability:

Mon-Fri 0800-1700

For all booking and referral information, please contact Lina Alvarez, Administrative Assistant (310) 825-6501

Location

The clinic is located in the 300 Medical Plaza, #2232.

For more parking and transportation information, please visit www.semel.ucla.edu/maps

Site: [300 Medical Plaza at UCLA](#)

Faculty and Staff

Physicians and Key Staff:

[Joaquin Fuster](#) joaquinf@ucla.edu Work Phone Number: (310) 825-9989 310-825-0247

UCLA GRIT

<https://www.grit.ucla.edu/>

The GRIT Peer Coaching program is committed to the development and well-being of the whole student. GRIT stands for *guidance, resilience, integrity and transformation*. In this program, UCLA students receive individualized support from trained peer coaches, with the aims of enhancing overall well-being and improving academic and personal success by utilizing various strategies for empowerment. Topic areas that peer coaches focus on during their one-on-one sessions with students include stress management and mindfulness, fostering positive social connections, goal setting, academic skills enrichment and navigating campus resources.

During their interactive sessions, peer coaches provide students:

- An empathetic listening space
- A process for identifying student needs and next steps
- Applicable life skills and strategies to meet identified goals
campus resources and referrals

Insight Meditation Application (Free)

Insight Timer is the most popular free *meditation app* with 3 million meditators and more free content than any other *app*. FREE FEATURES - Stream 8,000 guided *meditations* - Stream 1,000 music tracks - The world's most popular *meditation Timer* - Follow 1,600 *meditation teachers* and 500 Topics