

UCLA- Student Resources

As a quick reference, please note the following key campus resources available to students. Additional resources can be found here: [Current Student Resources](#) and [Campus Resources](#).

In case of emergencies, please call the [UCLA Police Department](#) at (310) 825-1491. UCPD also maintains an Anonymous Message/Tip Line at (310) 794-5824

Not sure what you needs? Graduate Student Resource Center 310-267-4805 B-11 Student Activities Center gsrc@saonet.ucla.edu One-on-one sessions for students are available on either a drop-in or by appointment basis. GSRC professional staff can discuss options and free resources that are available to UCLA graduate students and make appropriate referrals.

- The GSRC saves students time by assuring that graduate students know how to navigate campus offices that can help them resolve their issues quickly and effectively.

Managing Stress/Mental Health [Counseling and Psychological Services \(CAPS\)](#) 310-825-0678 (24 hour line) John Wooden Center West www.counseling.ucla.edu Includes resources for students as well as resources for staff and faculty who would like to refer a student in distress.

[Counseling and Psychological Services \(CAPS\)](#) provides mental health care and resources for all registered students, including assessment, short-term individual and group treatment, crisis intervention, and referrals to community services. The CAPS 24-hour access line (310) 825-0768 allows students to receive crisis counseling at any time, day or night. The 24-hour access line can also be utilized by staff, faculty or TAs for consultations regarding students in crisis. To establish care, students can go to CAPS to meet with a counselor for a Brief Screening Monday through Friday between 9:00AM and 4:00PM. Following the Screening, students will receive assistance with connecting to services. CAPS is located in John Wooden West and is open Monday-Thursday, 8:00am-7:00pm (by appointment only after 4pm), and Fridays, from 9:00am-5:00pm.

UCLA Counseling and Psychological Services (CAPS) is working with Morneau Shepell, a company that has partnered with the JED foundation to develop the International Student Support Program. They provide cross-cultural counseling resources and supportive counseling, 24/7, in the student's native language. They offer video chat/skype phone or text based supportive services. The company contracts with mental health providers who are MA level trained therapists, licensed in the state of CA. To access their services, please call (866) 743-7732, visit [Morneau Shepell's International Student Support Program website](#), or download their free app.

Mindful Awareness Research Center (MARC) 310-206-7503 marc.ucla.edu Free and discounted mindfulness meditation programs for students, faculty and staff are available. See the website for more details. <https://www.uclahealth.org/marc/>

Financial Support: Economic Crisis Response Team (ECRT): For students in immediate financial crisis (i.e., difficulty paying rent, buying food, experienced an emergency, etc.) 310-206-1189; ecr@saonet.ucla.edu

Financial Wellness Program www.financialwellness.ucla.edu Free one-one-one financial wellness coaching for students and help with budgeting is available. There is also a free online financial literacy program for graduate students at <http://www.financialwellness.ucla.edu/AtWork>

Writing Support (for all disciplines) Graduate Writing Center 310-267-4805 B-11 Student Activities Center www.gsrc.ucla.edu/gwc free, 50-minute one-on-one appointments and writing workshops are available for currently-enrolled graduate and professional school students.

Additional Campus Resources

ASHE Center

Provides accessible wellness education and healthcare services to UCLA students.

Bruin Resource Center

Assistance for students with dependents, veteran students, undocumented students, or current and former foster students.

Café 580

A community space for ALL students. Free food, wifi, study space. A place to learn about others and yourself, and how we build a more peaceful, just and clean world.

CalFresh for Students

CalFresh is a California financial aid program that helps students buy food and eat healthier. It won't affect your existing financial aid and you don't need your parent's tax return information to apply.

Career Closet

Serves as a resource of gently-used professional attire for all currently enrolled UCLA students. The Career Closet helps students with their professional dress needs for upcoming graduate school/job interviews as well as career fairs.

Dashew Center

Information on loans and employment authorization based on economic necessity

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

Financial Wellness Program

Empowers all Bruins to confidently navigate their finances in a way that supports their overall well-being.

Graduate Resource Center

Free printing among other resources.

Meal Vouchers

The meal voucher program is available to help support undergraduate and graduate students in financial need.

Scholarship Resource Center

Provides scholarship information, resources, and support services to all UCLA students, regardless of financial aid eligibility.

Student Legal Services

Provides confidential legal counseling and assistance regarding a wide range of legal issues to all currently registered and enrolled UCLA students.

Textbook Rental (ASUCLA)

This is the best option for those who want a lower up front cost and do not wish to keep their textbooks, sell books themselves or participate in buyback. Rental books remain property of the UCLA Store or the participating rental partner.

UCLA Food Closet

Free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships.