

BRUIN
**SUPPORT
& SAFETY**



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Location:

John Wooden Center West
221 Westwood Plaza
Box 951556
Los Angeles, CA 90095-1556

Phone:

(310) 825-0768
Crisis Counseling available 24-hours a day by phone.

Hours of Operation:

Monday - Thursday, 8:00 am to 7:00 pm
Friday, 9:00 am to 5:00 pm
(Except for University holidays)

Our entrance faces the Intramural Field and Drake Stadium. Reception is located on the second floor. The first floor contains conference and group rooms only.

In the broadest terms, the mission of CAPS is to promote academic achievement and reduce attrition and impediments to academic success. In carrying out this charge, our mission is: (1) to promote positive personal growth and self-management by UCLA students; (2) to assist students in coping with increasingly complex and stressful emotional crises, trauma and mental health issues which may interfere with academic and personal functioning; and (3) to enhance the psychological well-being and safety of the campus community. Services and programs include:

- individual counseling and psychotherapy, group therapy, emergency intervention, and psychological testing;
- psychiatric evaluation and treatment;
- crisis consultation, mentoring programs and organizational consultation;
- psychoeducational programs and workshops;
- training for mental health professionals at the masters, doctoral, postdoctoral, and residency level; and
- campus mental health and wellness promotion.

We take protecting your privacy very seriously. Our licensed independent practitioners operate under the professional conduct standard of the UC Faculty Code of Conduct and the California Department of Consumer Affairs. Our services are confidential, meaning that we will not disclose information about your treatment to anyone who is not directly involved in your care without your written permission, or as required by law. There are some exceptions to confidentiality that you should be aware of, like instances where the clinician is obligated to violate confidentiality to protect their client, or protect children or elders from potential threat or harm.

ELIGIBILITY AND FEES

- All registered students are eligible for services
- With SHIP – services are covered
- Without SHIP - \$15 per session

MAKE AN APPOINTMENT

- Appointments can only be made in person (cannot be scheduled online).
- Cancellations can be done in person, by phone, or online.
- Please call or visit during our business hours to schedule an appointment.

Late Cancellation and Missed Appointment Policy

If you need to cancel an appointment, please call or cancel online at least 24 hours prior to your appointment. Cancellations made within the 24 hours preceding your appointment time are considered “late” and will incur a fee of \$20, which will be billed to your BruinBill account for each late cancellation or missed appointment. Limited-eligibility students are charged \$50 for each late cancellation or missed appointment.

Urgent Counseling & 24 Hour Access

Although CAPS operates on an appointment basis, a student may face an urgent concern or crisis that feels too overwhelming to wait for a scheduled appointment. CAPS professionals are available for urgent in-person assessment and intervention on weekdays between 9:00 am and 4:00 pm. Crisis counselors are available for phone consultation 24 hours a day, 7 days a week, by calling the CAPS main phone line at 310-825-0768.

(310) 825-0768 | www.counseling.ucla.edu

THE CONSULTATION & RESPONSE TEAM (CRT)

The Consultation & Response Team (CRT) is a group of professional staff members charged with responding to reports of students who may be in distress and students of concern. 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. Please email CRTeam@ucla.edu or call 310-825-7291 to speak with a Case Manager who can advise on how to support a student in distress or a student of concern. Case Managers do not maintain 24 hour access to email or phone. For additional information and resources to support a student in distress, please visit the CRT website at www.studentincrisis.ucla.edu

CASE MANAGERS

Students’ personal situations may negatively impact their well-being or academic life. In other instances, students’ actions may disturb campus community members. In these situations, Case Managers are available to receive reports of concern and determine an appropriate response to assist the student and those who may also be impacted by the situation. Case Managers are available to consult with or provide training for campus community members who would like to better support students of concern. Case Managers must abide by FERPA laws, which means they are a private, not confidential resource.

The Case Managers can assist with the following:

- Academic support including notifying professors regarding missed classes, dropping a class, withdrawal, etc.
- Referrals to campus and community resources
- Emergency housing and/or exploring housing options
- Consultation for the university community regarding students in distress

The Case Management Team can be reached by emailing CRTeam@ucla.edu or calling 310-825-7291.



CAMPUS ASSAULT RESOURCES & EDUCATION (CARE)

Advocacy Office for Sexual and Gender-Based Violence and Misconduct

CARE provides a safe place for survivors of sexual assault, dating and domestic violence, sexual harassment, and stalking to get support, consultation, and to have a safe place to talk. CARE offers response and prevention services and is located on the first floor of John Wooden Center West.

IMMEDIATE RESPONSE

If you have been a victim of sexual assault, dating or domestic violence, or stalking:

- Call 911 or contact UC Police Department at 310-825-1491
- Contact a CARE Advocate at 310-206-2465 during normal business hours or email CAREadvocate@caps.ucla.edu
- Contact the Rape Treatment Center, Santa Monica-UCLA Medical Center at 424-259-7208 (Counselors available 24/7 by phone)
- Call CAPS 24-hour crisis hotline at 310-825-0768

ADVOCACY

A CARE Advocate is a free confidential resource for student survivors of sexual assault and gender based violence. CARE Advocates are available for survivors whether they chose to report the incident or not, and no matter where or when the assault occurred. CARE Advocates can assist students in finding resources, navigating reporting options, and receiving campus accommodations. If you are in a situation in which you have reported the incident and you are without an advocate, you have the right to wait until the advocate is present to continue with the proceeding.

The CARE Advocate will provide information on:

- Your rights and options as a survivor
- Reporting options and accompaniment through reporting processes (interviews, line-ups, etc.)
- Assistance with academic, living, transportation and work accommodations
- Obtaining emergency protective orders, restraining orders, or university no contact directives
- Assistance navigating the criminal justice system, university conduct system, or civil system

www.sexualviolence.ucla.edu | www.counseling.ucla.edu/care
(310) 206-2465 | (310) 825-0768 24/7



UCLA

ADDITIONAL RESOURCES

OFFICE OF THE DEAN OF STUDENTS

1206 Murphy Hall www.deanofstudents.ucla.edu
310-825-3871 dean@saonet.ucla.edu

ARTHUR ASHE STUDENT HEALTH AND WELLNESS CENTER

Bruin Plaza www.studenthealth.ucla.edu
310-825-4073

TITLE IX OFFICE

2241 Murphy Hall www.sexualharassment.ucla.edu
310-206-3417 titleix@conet.ucla.edu

UCLA POLICE DEPARTMENT (UCPD)

601 Westwood Plaza www.ucpd.ucla.edu
310-825-1491 info@ucpd.ucla.edu

Evening Van Service

310-825-1493 Hours of Operation: Monday through Thursday, 6:00 pm - 11:00 pm

The Evening Van Service provides a safe means of transportation between campus buildings, on-campus housing and nearby residential areas during the evening hours. The service is free of charge and available to all UCLA students, staff, faculty and visitors.

Evening Escorts

310-794-WALK or 310-794-9255

CSO escorts are available free of charge to walk with students, faculty, staff or visitors 365 days a year from dusk until 1:00 am between campus buildings, local living areas or Westwood Village within the approximate boundaries of Sunset Boulevard to the north, Hilgard to the east, Wilshire to the South, and Veteran to the west.

CENTER FOR ACCESSIBLE EDUCATION (CAE)

A255 Murphy Hall www.cae.ucla.edu
310-825-1501

CAE's services are designed to meet the unique educational needs of regularly enrolled UCLA students with documented permanent and temporary disabilities.

STUDENT LEGAL SERVICES

A239 Murphy Hall www.studentlegal.ucla.edu
310-825-9894 slegal@saonet.ucla.edu

Student Legal Services provides confidential legal counseling and assistance regarding a wide range of legal issues to all currently registered and enrolled UCLA students.

LGBT RESOURCE CENTER

B36 Student Activities Center www.lgbt.ucla.edu
310-206-3628 lgbt@ucla.edu

The LGBT Center provides a comprehensive range of education and advocacy services supporting intersectional identity development. The LGBT Resource Center seeks to foster unity, wellness, and an open, safe and inclusive environment for all students, whether LGBT or ally.

BRUIN RESOURCE CENTER (BRC)

B44 Student Activities Center www.brc.ucla.edu
310-825-3945 brc@saonet.ucla.edu

The BRC specializes in supporting former foster youth, undocumented students, transfer students, veterans and students with children.

OFFICE OF OMBUDS SERVICES

Strathmore Building 310-825-7627
501 Westwood Plaza 8 am–5pm, Monday–Friday or by appointment
Suite 105

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. In order to afford visitors the greatest freedom in using its services, the Office is independent, neutral and confidential.