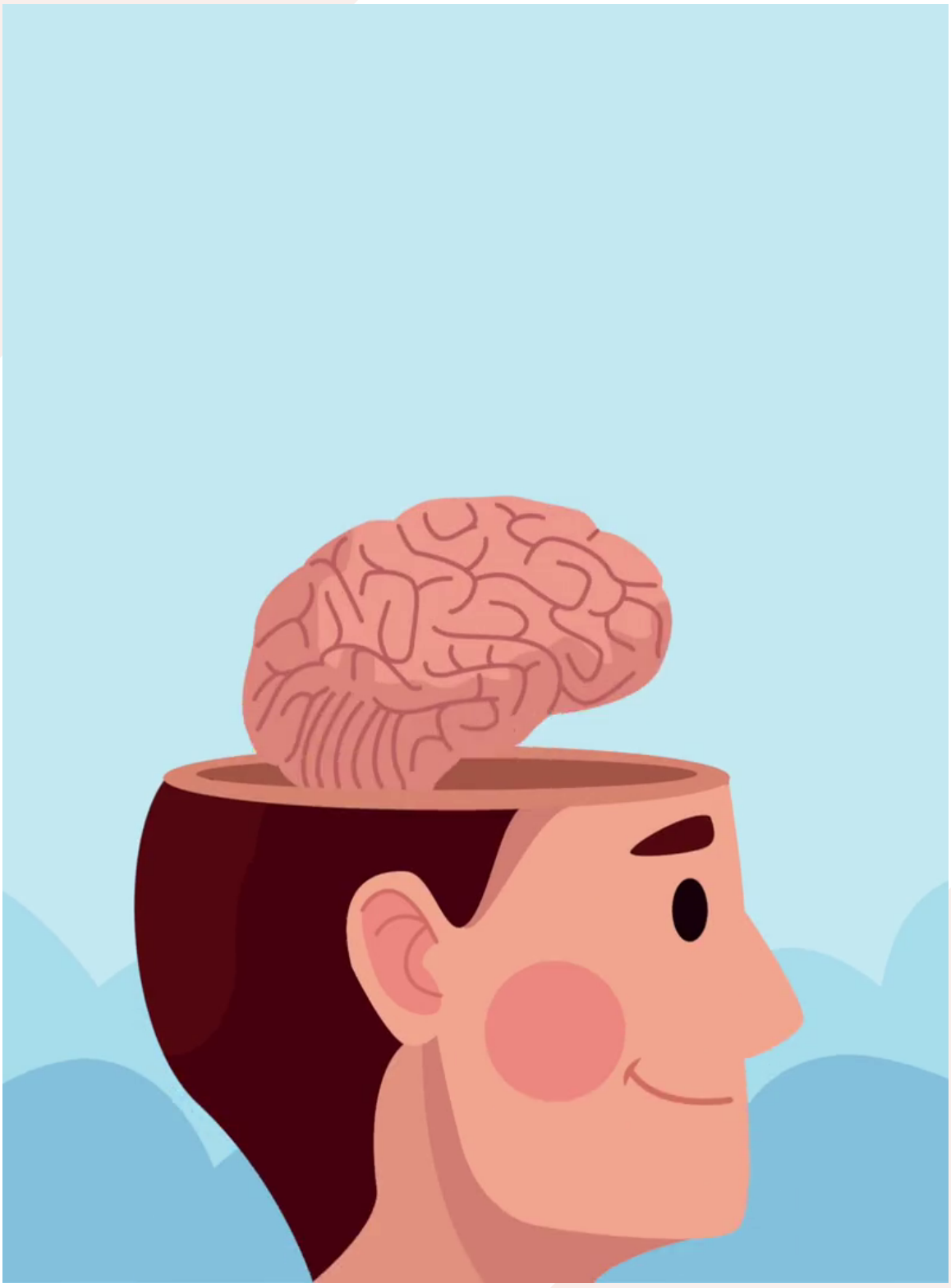
UCLA // ISSUE 1 // VOLUME 1

MENTAL HEALTH RESOURCE GUIDE



FROM THE OFFICES OF THE
IVP AND GEN REP 1

ON CAMPUS RESOURCES

CAPS

CAPS mental health services is available to ALL UCLA students and is a great resource for individual or group discussion or therapy.

1. General Website: https://www.counseling.ucla.edu/
2. CAPS Information Database: https://counseling.ucla.edu/resources/community-and-online-therapeutic-resources

Campus and Student Resilience

“Our Mission is to promote resilience skills -- emphasizing connection and belonging, service, self- efficacy and mastery, and self-reflection.”

1. https://www.resilience.ucla.edu/

Bruins Rise Center

Their mission of being a wellness hub is "dedicated to the UCLA community to promote self-care, connection, and thriving" in person and online

- Set up virtual meditations and mindful playlists for students to have an escape from reality.
- https://www.resilience.ucla.edu/

CARE Program

"CARE strives to achieve a safe, healthy, and equitable community through provision of comprehensive prevention education, individual support and advocacy, and holistic healing programs for all members of the UCLA community. "

1. https://www.resilience.ucla.edu/

AAP

“AAP promotes academic achievement and excellence through academic advising, peer learning and collaborative learning workshops, mentoring to prepare students for graduate studies and professional schools, summer bridge programs for entering freshmen and transfer students, and scholarships for enrolled students.”

1. https://www.aap.ucla.edu/
2. AAP New Student Program
    a. This helps prepare students to succeed by exposing them to the rigor and demands of academic life and to undergraduate programs, services, and learning resources
    b. https://www.aap.ucla.edu/units/new-student-programs/#tab-id-2

OFF CAMPUS RESOURCES

American Association of Suicidology

"The membership of AAS includes mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, crisis center volunteers, survivors of suicide loss, attempt survivors, and a variety of lay persons who have in interest in suicide prevention."

1. https://suicidology.org/about-aas/

National Center of Excellence for Eating Disorders (NCEED)

"National Center of Excellence for Eating Disorders (NCEED) provides up-to-date, reliable and evidence-based information about eating disorders" (800) 931-2237

1. https://www.nceedus.org

NAMI Urban Los Angeles (NULA)

"The Los Angeles branch of the National Alliance on Mental Illness helps connect Angelenos with mental health services. Different services are available depending on age group, sexual orientation, and language."

1. https://www.namiurbanla.org

Black Emotional and Mental Health Collective

"BEAM connects members of the Black community, no matter their sexual orientation, gender identity or physical ability or disabilities, with resources they need to achieve mental and emotional healing."

1. https://www.beam.community

BIPOC RESOURCES

Academic Supports Program (ASP)

“ASP is a student-initiated retention program that was created in 1985 as a response to the historical, lower retention rates of African American college students. Under the African Student Union, ASP aims to facilitate the academic potential and retention of students within the African diaspora. ASP serves the UCLA community by providing resources for academic peer counseling, mentorship, and internship.”

1. https://www.instagram.com/aspatucla/
2. http://aspatucla.weebly.com

Retention of American Indians Now!

“RAIN! has served as a community resource for retaining American Indian and Pacific Islander bruins by promoting holistic health. This student-led organization offers peer counseling, mentorship, and wellness services.”

1. https://www.instagram.com/uclarain/
2. https://uclarain.weebly.com

Afrikan Student Union (ASU)

“ASU exists to promote, protect, and serve the interest and educational rights of individual and collective needs of the Afrikan student body, and community within the context of the struggle for Afrikan liberation. This body is inclusive of all people.”

1. https://www.instagram.com/blackbruins/
2. https://www.black-bruins.com

Afro-Latinx Connection de UCLA (ALC)

Bridging the gap between the Afrikan Diaspora and Latinx communities, as well as educating those on Afro-Latin@s and our existence.

1. https://www.instagram.com/alcdeucla/
2. https://www.alcdeucla.com

Samahang Pilipino Education and Retention (SPEAR)

“Using a holistic approach to navigate community needs for Pilipinx students, SPEAR offers services of peer counseling, mentorship, and internship, in their determined efforts to reach 100% retention of UCLA students in the Pilipinx Community.”

1. https://www.instagram.com/spearatucla/
2. https://spearatucla.weebly.com

BIPOC RESOURCES

Southeast Asian Campus Learning Education and Retention (SEA CLEAR)

"SEA CLEAR's mission is to achieve 100% retention of Southeast Asian students by building a supportive environment that fosters professional and personal growth. Since the struggles of Southeast Asian students have been overshadowed by the Model Minority Myth and data aggregation of Asian Americans, SEA CLEAR hopes to advocate for these students through five major components: peer counseling, mentorship, internship, wellness, and transfer."

1. https://www.instagram.com/uclaseaclear/

The Beautiful Mind Project (BMP)

"The Beautiful Mind Project aims to construct a well-rounded understanding of mental health in the Muslim community that transcends socio-cultural, political, and physical barriers of stigmatization by utilizing Islamic principles as a source of mental wellness."

1. https://www.instagram.com/bmpatucla/

MEChA Calmecac

"MEChA Calmecac is a student-initiated retention program that was established in 1989 due to UCLA's inability to meet the needs of Raza students. Within this project, Raza students may find long-lasting bonds and mentor figures that can assist them through their academic careers. In order to improve the retention rates of Chicanx and Latinx students at UCLA, MEChA Calmecac and its student staff members provide resources for Telpochcalli (academic peer counseling), Calpulli (mentorship), Centro Coatlicue (holistic wellness) and Coatequitl (internship)."

1. https://www.instagram.com/mecha_calmecac/

LGBTQ+ RESOURCES

CAPS LGBTQ+ Therapy Groups

CAPS mental health services is available to ALL UCLA students and is a great resource for individual or group discussion or therapy.

1. CAPS offers two different LGBTQ+ therapy groups
    a. Thriving With Pride (for LGBTQ+ Students)
    b. Gender Identity Spectrum Group
    c. https://lgbtq.ucla.edu/direct-support

UCLA LGBTQ Campus Resource Center

"The UCLA LGBTQ Campus Resource Center offers a multitude of services and resources to support and enhance the experiences of LGBTQ students on campus."

1. https://lgbtq.ucla.edu/services-and-resources

Queer Alliance

Queer Alliance (QA) is a coalition of undergraduate student groups and serves as a space for all LGBTQ identifying individuals and allies. QA aims to build community and advocate on behalf of LGBTQ+ students.

1. uclaqueeralliance@gmail.com
2. https://www.instagram.com/uclaqueeralliance/?hl=en

Lavender Health Alliance

"Dedicated to providing support, community, and resources for LGBTQ+ pre-health students and increasing awareness of inequalities facing LGBTQ+ folks in healthcare, higher education, and the sciences."

1. https://www.instagram.com/lavhealthalliance/
2. https://www.facebook.com/LavenderHealthAlliance/

BlaQue

"BlaQue is a student organization under the Queer Alliance and Afrikan Student Union that focuses on issues within Afrikan-Amerikan Lesbian, Gay, Bisexual, Transgender, Queer and Same Gender Loving communities."

1. Blaqueatucla@gmail.com
2. https://www.instagram.com/blaque.ucla/

PEER AND COMMUNITY RESOURCES

UCLA Living Learning Communities

UCLA offers 11 different Living Learning Communities in their housing.

“Join a virtual community of students who share your passion for exploring an interest or identity and participate in specially designed programs that cater to your academic, social, and personal needs in a diverse community of shared scholarly interest.”

1. https://reslife.ucla.edu/academics/#livinglearning

Virtual Community Program

The Virtual Community Program creates an intentional experience for undergraduate students to establish campus connections with our Bruin community in a way that transcends physical spaces.”Meet other Bruins in online forums and bond over shared interests!"

Special pods based on interests are created for students to find their likings and start creating a virtual community

1. http://tinyurl.com/UCLA-VCP

Yield Program

Yield program is focused on the inclusion and retention of incoming admit students, particularly coming from underrepresented backgrounds. More commonly known as “admit days/weekends”, they are often cited as the primary reason for potential admits enrolling at UCLA, as they provide essential resources, connections, and representation not found elsewhere.

1. https://reslife.ucla.edu/yield/

PEER AND COMMUNITY RESOURCES

For Freshman

“First Year Experience (FYE) is dedicated to equipping all first year students with the skills, tools, and knowledge supporting your transition to UCLA.”

1. https://www.firstyearexperience.ucla.edu/

For Transfers

Transfer Student Center’s Mentorship Program

Be paired with a transfer who’s already completed a year at UCLA and learn from them! You’ll be placed in small cohorts of other transfers that are the same major as you. This is a great way to transition into UCLA as well as make some new friends!

1. https://www.transfers.ucla.edu/mentor-program

For Transfers

Center for Community College Partnerships

CCCP is a super cool program that helps transfer students still in community college gain knowledge on all things UCLA and other top tier research institutions. Students are able to gain valuable information for Personal Insight Questions as well as major and career advice and distinction.

1. They conduct Power 2 the Transfer webinars where students can access resources to plan their academic pathway while meeting up with exceptional peers as well as staff.
2. https://www.aap.ucla.edu/units/cccp/

FEATURED STUDENT ORGANIZATIONS

SOLE

SOLE stands for Student Organizations, Leadership and Engagement. To find out about all the clubs and organizations on campus, they are who you'll go to! This link allows you to search for organizations based on your interest and provides links to reach out to the organizations and stay up to date with them.

1. https://sa.ucla.edu/RCO/public/search

UCLA HART

"As an organization, we are committed to providing the accessibility of mental health resources by normalizing self care and healing through artistic expression." Take care of your mental health through art and connections!

1. https://uclahart.wordpress.com/about/

Wazo Connect

"Wazo Connect is a student organization that aims to improve mental health on university campuses through peer mentorship and wellness activities."

All of their services are free for all UCLA students too!

1. https://www.wazoconnect.com/

ONLINE RESOURCES

Palgorithms

Palgorithms is a new app designed for students to stay connected with other students during the pandemic. It was designed by UCLA students, for UCLA students and aims to pair students with similar personalities together!

1. https://dailybruin.com/2020/10/05/palgorithms-app-uses-interests-personality-types-to-help-students-make-friends
2. https://m.facebook.com/groups/palgorithmsclosedbeta/?ref=share#_=_
3. @palgorithmsapp on Instagram

GroupMe

GroupMe is a great way for students to make friends in their classes! Usually at the start of the quarter, a student (or even you) would create a GroupMe and post it on the discussion forum for the class. Click and join and meet new friends while also getting help in class!

NotOK App

“This free, digital panic button can connect you with trusted contacts and mental health professionals at the press of a button. This app can help users reach out before they reach a crisis. Available on iOS and Android.”

To download:
https://www.notokapp.com

TOOLKITS

Virtual Wellness Guide by AAC

1. https://docs.google.com/document/d/1TxCOJhswu0M-s6M2rxvgLAosrJmiGUKfDaLRvaS_OtY/edit

IVP Information for Student Leaders

1. https://linktr.ee/ivprap

Guide To Fun Online Activities

1. https://drive.google.com/file/d/1dKXAwDReqH_cGUA8P9zirT5yaLBmpM1x/view

QUESTIONS?

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