

## On and Off Campus Resources

### Mental Health

#### *On campus*

Students may seek counseling, psychotherapy, and other related treatment for their mental health at CAPS. The CAPS website has instructions on how students can [get started](#) with this service. Through June 14, 2024, CAPS has waived the appointment fee for non-SHIP students.

#### *Off campus*

Students can call CAPS at 310-825-0768 to schedule an insurance consult if they need assistance navigating their private insurance (e.g.: finding out their benefits information and getting a list of providers). Students who are already aware of how to navigating their insurance and need additional list of providers can call CAPS to get information about the online provider database.

LiveHealth Online is an off-campus, telehealth resource that is available 24 hours a day on weekdays, all weekends and campus holidays. Please call CAPS at (310) 825-0768 to retrieve a code for therapy and psychiatry. This service is available to USHIP students and for the rest of the Spring 2024 term, CAPS is covering the copay for non-SHIP students.

The [Community and Online Therapeutic Resources](#) page provides options for additional off campus services. Alternatively, community members may call 211 or visit [211.org](#) for county resources.

### Legal Services

#### *On campus*

UCLA [Student Legal Services](#) can offer assistance for most legal issues that students encounter, including criminal, immigration, and University-related issues. The services are available to all currently enrolled students free of charge, and meetings with attorneys at Student Legal Services are confidential. Students can [request an appointment](#) through the Student Legal Services website.

#### *Off campus*

Student Legal Services has compiled a list of [community resources](#), including an attorney referral services section, should students prefer to use off-campus services. The [American Civil Liberties Union \(ACLU\)](#) or [National Lawyers Guild](#) are additional resources for those seeking information about first amendment rights. LA County also has compiled [FAQs about public defender information](#).

*The UC Immigrant Legal Services Team provided the following information:*

Individuals who are arrested, cited, and/or detained, and are NOT US citizens should consult with a qualified immigration attorney regarding the immigration consequences of their law enforcement

contact. The UC Immigrant Legal Services Team is available for consultation with anyone who qualifies for their services and is arrested or needs information about risks to their immigration status if they choose to participate in related activities. For those types of inquiries, complete this [form](#). For all other immigration inquiries, please visit the [UC Immigrant Legal Services Team](#) website.

The following is a list of “Know Your Rights” materials developed by other immigration legal services organizations that provide information for non-U.S. citizens, including creating a safety plan, understanding digital security, and what to do in the event of law enforcement action:

- [10 Things to Know for Noncitizen Protesters](#) (Spanish)
- [10 Things to Know for Noncitizen Protesters](#) (English)
- [Know Your Rights Information from NILC](#) (multiple languages)
- [Surveillance Self-Defense and Attending a Protest from Electronic Frontier Foundation](#)

## Basic Needs and Technology

### *On campus*

The [UCLA Basic Needs website](#) lists several on and off campus resources that can support students with needs including food access, housing, transportation, and other services. Students in need of technology support can explore options through the [equipment lending program](#) through the library. Students may [contact Financial Aid](#) about the potential option for a [budget increase](#) if they are seeking financial assistance to cover specific costs including, but not limited to, medical expenses or purchasing a computer. Students who do not have access to a smartphone and need help with the DUO login can view the “[Choosing the Right Device for MFA](#)” or the “[How to Use MFA While Traveling or Disconnected from the Internet](#)” pages.

### *Off campus*

Resources local to UCLA include [580 Café](#) at 580 Hilgard Avenue or the [Newman Café](#) at 633 Gayley Avenue. Both provide food and snacks. The [CalFresh initiative](#) helps students sign up for this program that provides funding for food. The [Westside Food Bank](#), [Los Angeles County Food Equity Round Table](#), and [County of Los Angeles Public Health](#) websites have an extensive lists of organizations that offer food to the community. [World Harvest](#) provides food access along with programs to support community members’ mental health and well-being. For hygiene products, [Findhelp](#), is a search engine for organizations that offer these resources. [Los Angeles Housing Department](#) has information on affordable housing, renter topics, and more. The [LA County Department of Public Social Services](#) page outlines programs that offer financial support to the local community.

## Safety Resources

[Community Service Officer \(CSO\) Safety Escorts](#) have extended daytime and evening hours to provide walking escorts to students, faculty, staff and visitors to and from anywhere on campus, in Westwood Village and in the Village apartments. CSO Safety Escorts are uniformed students who have received special training and are employed by UCPD. Call (310) 794-9255 to schedule a CSO escort or check the CSO website for extended hours and additional information.

[UCLA SafeRide](#) is a complementary evening transportation service available for UCLA community members and visitors. The program offers transportation between campus buildings, on-campus housing and nearby residential areas. Please see the website for more details about hours of operations and how to schedule a ride.

[Safety tips](#) are available on the UCPD website for suggestions on enhancing safety in different areas throughout the UCLA community.

[Bruins Safe app](#) can be downloaded to receive timely notifications and guidance when on-campus emergencies occur.

## Reporting Incidents of Discrimination

### *On campus*

The [UCLA Civil Rights Office](#) offers a [report form](#) is a general civil rights reporting page for all individuals (complainants, mandatory reporters, and third party observers) who want to report a complaint of discrimination or harassment. The UCLA Dean of Students Office website has a [report form](#) where individuals can report a student disability grievance.

### *Off campus*

The [Office for Civil Rights](#) is available to [file](#) a civil rights, conscience, religious freedom, or health information privacy complaint.