



BRUIN **SUPPORT & SAFETY**

for Graduate Students



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Location:

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

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.

Phone:

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

Hours of Operation:

Monday through Thursday, 8:00 am to 8:00 pm
Friday, 9:00 am to 5:00 pm
CAPS is closed on weekends & University holidays.

CAPS serves UCLA graduate students in its mission to (1) promote positive personal growth and self-management; (2) 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) enhance the psychological well-being and safety of the campus community. CAPS also provides specific training and resources for graduate students whose responsibilities may include supporting the safety and well-being of struggling or at-risk undergraduates. Services and programs include:

- Individual counseling and psychotherapy, group therapy with membership restricted to graduate and professional school students;
- Emergency intervention and psychological testing for treatment purposes;
- 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 graduate and professional school students are eligible for services
- Students with GSHIP pay no per-session fee
- Students without GSHIP are charged \$15 per session

MAKE AN APPOINTMENT

- Intake appointments can only be scheduled by visiting our office.
- Follow-up appointments can be scheduled by phone or by visiting our office.
- Cancellations can be done online, by phone, or by visiting our office.

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. Each missed appointment or late cancellation (within 24-hours preceding your appointment) will incur a \$20 fee. 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.



CAMPUS ASSAULT RESOURCES & EDUCATION (CARE)

CARE provides a safe place for survivors of sexual assault, dating and domestic violence, and stalking to get support, consultation, and to have a safe place to talk. CARE offers response and prevention services in the Counseling Center and at the CARE Advocacy Office. Both are located at 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 or CAREadvocate@caps.ucla.edu
- Contact the Rape Treatment Center, Santa Monica-UCLA Medical Center at 424-259-6000
- Call CAPS 24-hour crisis hotline at 310-825-0768

CONFIDENTIAL RESOURCES

Regardless of whether you choose to report, you have confidential resources available to you.

CARE Advocate - Advocacy office for sexual and gender based violence and misconduct; resource navigation, support and advocacy.

John Wooden Center West, First Floor
310-206-2465
CAREadvocate@caps.ucla.edu
www.sexualviolence.ucla.edu

CARE at CAPS - For emotional support, or individual or group counseling.

John Wooden Center West
310-825-0768 (24/7)
www.counseling.ucla.edu
Office Hours: Mon-Thurs, 8am-8pm; Fri 9am-5pm
Care at CAPS is closed on weekends & University holidays.



Rape Treatment Center, Santa Monica – UCLA Medical Center

1250 Sixteenth Street
Santa Monica CA 90404
424-259-6000
www.rapetreatmentcenter.org

Free sensitive medical treatment, preventive health care and counseling available 24/7. A sexual assault survivor has the option of a Sexual Assault Forensic Exam (SAFE) (commonly referred to as “rape exam”) without filing a police report. This is referred to as a Non-Investigative Report (NIR). UCPD will provide free and confidential transportation to the RTC.

Student Legal Services - Confidential legal counseling and assistance

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

ADVOCACY OFFICE for Sexual and Gender-based Violence and Misconduct

A CARE Advocate is a free confidential resource for survivors of sexual assault and gender based violence. CARE Advocates are available for survivors whether they chose to report the incident or not. 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

REPORTING OPTIONS

Sexual Assault, Dating Violence, Domestic Violence, Stalking

It is a survivor's choice to report. Reporting options are available for someone that is a survivor of sexual assault, dating or domestic violence, or stalking. These options include: Administrative, Criminal, and Civil Reporting Options. UCLA encourages anyone to report such an offense as soon as possible after its occurrence, in order for appropriate and timely action to be taken.

UCLA ADMINISTRATIVE REPORTING

Office of the Dean of Students

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

Title IX Office - Can take complaints and provide information concerning reporting and resource options

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

When a report is made by a student, the University conducts an investigation. A survivor has the right to have an advocate present while making a complaint to campus administration.

Survivors have the right to interim measures even before the university has completed its investigation, including options to avoid contact with the alleged perpetrator, to change academic and extra-curricular activities or his or her living, transportation, dining, and working situation as appropriate.

CRIMINAL REPORTING

Call 911 in an emergency. 911 calls in the general Westwood area connect with the UCLA PD Dispatch. If not an immediate emergency situation, students can report to UCLA PD by calling 310-825-1491. UCLA PD will provide transportation to the Rape Treatment Center whether a student is prepared to report or not. Reporting to the police is an option at any time. If a survivor chooses not to report immediately, a report can be made at a later time. Crimes may be reported anonymously and confidentially to UCPD (310-825-1491).

CIVIL REPORTING

Obtaining a Protective/Restraining Order

A survivor may choose to go to civil court to obtain a protective/restraining order. Call a CARE Advocate (310-206-2465) or Student Legal Services (310-825-9894) for confidential assistance with this process.

ADDITIONAL RESOURCES

OFFICE OF THE DEAN OF STUDENTS

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

ARTHUR ASHE STUDENT HEALTH AND WELLNESS CENTER

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

TITLE IX OFFICE

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

UCLA POLICE DEPARTMENT (UCPD)

601 Westwood Plaza
310-825-1491

www.ucpd.ucla.edu
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.

OFFICE FOR STUDENTS WITH DISABILITIES (OSD)

A255 Murphy Hall
310-825-1501

www.osd.ucla.edu

OSD'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
310-825-9894

www.studentlegal.ucla.edu
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
310-206-3628

www.lgbt.ucla.edu
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
310-825-3945

www.brc.ucla.edu
brc@saonet.ucla.edu

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

GRADUATE STUDENT RESOURCE CENTER (GSRC)

B11 Student Activities Center
(310) 267-4805

gsrc.ucla.edu
gsrc@saonet.ucla.edu

The GSRC is a resource and referral service that helps graduate and professional students navigate the university and connect with resources.

GRADUATE DIVISION

1237 Murphy Hall
310-206-6086

grad.ucla.edu

The Graduate Division provides academic services, information on fellowships and other types of financial support, and guidance for students facing difficulties that impact their degree progress.

