

Tip: By clicking a box below you will be directed to resources related to your needs.

Welcome Graduate Students. This is a comprehensive tool and guide to resources and communities at UCLA. We hope you will find this useful to find ways to invest in your wellbeing while at UCLA.

Is this an emergency?

Do you have difficulty navigating relationships, connecting with other members of the graduate/professional community?

Are you having trouble navigating academic and/or research demands?

Are you concerned about post-graduate careers opportunities and next steps after degree completion?

Emergency and safety Resources For immediate assistance call:
UCPD (310) 825-1491 Call 911
CAPS 24/7 Line: (310) 825-0768
Suicide Hotline: (800) 273-8255 (TALK)
Rape Treatment Center At Santa Monica - UCLA Medical Center: 424-259-7208
Students In Crisis Website: <https://www.studentincrisis.ucla.edu/TrevorProject>

Are you concerned about your physical wellbeing?

Are you concerned about your mental wellbeing?

Do you need financial support or help with housing/food/finances?

Are you having difficulty with your advisor/PI/mentor?

Would you like to file a complaint against a faculty member?

Do you have difficulty navigating relationships, connecting with other members of the graduate/professional community?

Do you feel overwhelmed or need space?

- [EngageWell](#)
- [Rise Center – Virtual Library](#)
- [Campus Assault Resources and Education](#)
- [TAO](#)
- [MYSSP](#)

- [Bruin Resource Center](#)
- [LGBTQ Resource Center](#)
- [Students with Dependents Program](#)
- [Undocumented Students Program](#)
- [Veterans Resource Center](#)
- [Mindful Awareness Research Center](#)
- [Resilience in Your Student Experience \(RISE\)](#)
- [Therapy Assisted Online \(TAO\)](#)
- [MYSSP](#)

Do you need help navigating relationship conflict?

- [Graduate Student Resource Center](#)
- [Dashew Global Siblings](#)
- [Community](#)
- [Graduate Student Association](#)
- [CAPS Graduate Student Support Groups](#)
- [SOLE](#)
- [Guidebook](#)
- [Dashew Center - International Students + Scholars](#)
- [Student Health Education and Promotion \(SHEP\)](#)
- [Community Programs Office](#)
- [Bruin Resource Center](#)
- [Veteran Resource Center](#)
- [LGBTQ Resource Center](#)
- [All Brains](#)
- [Undocumented Students Program](#)
- [Students with Dependents Program](#)
- [Patient Health Advocates](#)
- [International Student Ambassadors](#)
- [First to Go](#)
- [Black Resource Center](#)

Do you feel lonely or want to find communities at UCLA that support Graduate Students?

- [Dashew Global Siblings](#)
- [Bruin Guardian Scholars Program](#)
- [Center for the Advancement of Teaching](#)
- [Alumni Mentor Program](#)
- [GUM](#)
- [Grad STRIVE](#)

Would you like peer-to-peer support and mentorship?

Are you concerned about your physical wellbeing?

Would you like to improve sleep?

- [SleepWell](#)
- [RISE Virtual Library](#)

Would you like to be more active?

- [FitWell](#)
- [UCLA Recreation](#)

Would you like more information for nutrition?

- [EatWell](#)
- [RISE Virtual Library](#)
- [FitWell – Teaching Kitchen](#)
- [UCLA CalFresh Initiative](#)

Would you like information on resources for Sexual Assault/Violence or Relationship Violence?

- [Campus Assault Resources and Education](#)
- [Santa Monica Rape Treatment Center](#)

Would you like to learn more about the effects of alcohol or drugs?

- [Arthur Ashe Student Health and Wellness Center](#)
- [Collegiate Recovery Program](#)

Are you concerned about your mental wellbeing?

Do you need time off?

- [Leave Policies for Student Employees](#)
- [Academic Services - UCLA Graduate Division](#)

Would you like resources for addressing anxiety?

- [Mental Health Initiative](#)
- [Resilience in Your Student Experience \(RISE\)](#)
- [Semel Healthy Campus Initiative](#)
- [Behavioral Wellness Center](#)
- [CAPS](#)
- [Mindful Awareness Research Center](#)
- [MYSSP](#)
- [Therapy Assisted Online](#)

Do you have thoughts or feelings of harming yourself/others?

- [CAPS](#)
- [Behavioral Wellness Center](#)
- [Link to Emergency Resources Box](#)

Would you like resources for challenges related to trauma or difficult experience?

- [Campus Assault Resources and Education](#)
- [CAPS](#)
- [RISE Virtual Library](#)
- [Behavioral Wellness Center](#)
- [Graduate/Post-Doc Case Managers](#)

Would you like resources for self-esteem issues?

- [Behavioral Wellness Center](#)
- [Therapy Assisted Online](#)
- [MYSSP](#)

Are you having trouble navigating academic and/or research demands?

Would you like resources for improving managing academic distress or probation?

- [Center for Accessible Education \(CAE\)](#)
- [Employee disability management services](#)
- [Academic Services – Graduate Division](#)
- [Discrimination Prevention Office](#)
- [ADA/504 Office](#)
- [Office of Ombuds Service](#)
- [Graduate/Post-Doc Case Managers](#)

Would you like resources to support completing your thesis/dissertation?

- [UCLA Registrar's Office](#)
- [Advanced Research Computing](#)
- [Academic Services – Graduate Division](#)
- [Graduate Writing Center](#)
- [Institute for Digital Research and Education](#)
- [Technology Development Group](#)
- [CAPS Dissertation Support Group](#)

Would you like support with your funding applications/grants /dissertation year fellowship?

- [Fellowships and Financial Services Grad Division](#)
- [Extramural Fellowship Directory - GRAPES](#)
- [Graduate Writing Center](#)
- [UCLA Libraries](#)
- [Scholarship Resource Center](#)
- [Financial Aid and Scholarships Office](#)
- [ResearchWell](#)
- [Grad Peer Mentors for Extramural Fellowships](#)

Do you need financial support or help with housing/food/finances?

Basic Needs (Covid-19 Google Docs)

Would you like resources for financial insecurity?

- [Student Loan Services](#)
- [Student Accounts](#)
- [Financial Wellness Program](#)
- [Graduate/Postdoc Case Managers](#)
- [Financial Aid and Scholarships Office](#)
- [Basic Needs Committee](#)
- [Collections Office](#)
- [Economic Crisis Response Team](#)
- [Community Programs Office](#)
- [Student Legal Services](#)
- [Fellowships and Financial Services – Grad Division](#)

Would you like resources for housing insecurity?

- [UCLA Graduate Housing](#)
- [Graduate/Post-Doc Case Managers](#)
- [Residential Life & Family Housing](#)
- [Basic Needs Committee](#)
- [Community Programs Office](#)
- [Student Legal Services](#)
- [Economic Crisis Response Team](#)

Would you like resources for food insecurity?

- [Café 580](#)
- [UCLA CalFresh Initiative](#)
- [CPO Food Closet](#)
- [Graduate/Post-Doc Case Managers](#)
- [Basic Needs Committee](#)
- [Economic Crisis Response Team](#)
- [Dial 211](#)
- [Community Programs Office](#)

Would you like resources for campus concerns or safety?

- [Community Service Officers](#)
- [UCLA Transportation](#)
- [Behavioral Intervention Team](#)
- [Bruin Alert](#)
- [Graduate/Post-Doc Case Managers](#)
- [UCLA Incident of Bias Reporting Form](#)
- [Office of Ombuds Service](#)
- [UCPD: \(310\) 825-1491](#)
- [UCLA Equity, Diversity, and Inclusion](#)
- [Student Legal Services](#)

Are you concerned about post-graduate careers opportunities and next steps after degree completion?

Would you like resources to combat pressures to achieve and/or imposter syndrome?

- [Graduate Career Services](#)
- [CAPS](#)
- [Resilience in Your Student Experience \(RISE\)](#)
- [Graduate Student Resource Center](#)
- [Graduate Writing Center](#)

Would you like resources focused for professional networking?

- [Graduate Career Services](#)
- [UCLA Alumni Mentor Program](#)
- [HandShake](#)
- [UCLAOne](#)

Would you like career advising?

- [Graduate Career Services](#)
- [UCLA Alumni Mentor Program](#)
- [HandShake](#)
- [School of Law](#)
- [Anderson School of Management](#)
- [Fielding School of Public Health](#)
- [Applied Economics](#)
- [DGSOM](#)

Are you considering changing your academic or professional trajectory?

- [Resource Training for Health Professionals](#)
- [Graduate Career Services](#)
- [Center for Education Innovation & Learning in the Sciences](#)
- [Integration of Research, Teaching, & Learning](#)
- [Academic Services – Graduate Division](#)
- [Graduate Student Resource Center](#)
- [Graduate Student Association](#)

Are you having difficulty with your advisor/PI/mentor?

Do you need help navigating professional conflict?

[Bruin Guardian Scholars Program](#)
[Office of Ombuds Service](#)

Would you like to file a complaint about sexual harassment?

UCPD: (310) 825-1491
[Title ix office/sexual violence prevention & response](#)
[Campus Assault Resources and Education](#)

Would you like to file a complaint about your faculty member?

[Office of Ombuds Service](#)
[Office of the Dean of Students](#)
[File a Complaint Against a Faculty Member](#)

Steps to File a Complaint Against a Faculty Member:

- I. If your goal is to hold a faculty member accountable for a violation of the Faculty Code of Conduct, you may file charges with the Academic Senate. Visit <https://www.senate.ucla.edu/grievance> for more information or email governance@senate.ucla.edu to set up a consultation.
- II. If your goal is to seek remedies because you were harmed as the result of a Faculty member's violation of your privacy rights, you may file a grievance with the Office of the Dean of Students under procedure 220.1, at grievance@saonet.ucla.edu.
- III. If your goal is to seek remedies because you were harmed as the result of a Faculty member's disability-based discrimination, including failure to accommodate, you may:
 - I. Contact the ADA/504 Compliance Officer at ada@saonet.ucla.edu.
 - II. Contact the Discrimination Prevention Office at dpo@equity.ucla.edu.
 - III. File a grievance with the Office of the Dean of Students under procedure 230.2, at grievance@saonet.ucla.edu.
- IV. If your goal is to seek remedies because you were harmed as the result of a Faculty member's discrimination on the basis of a protected class other than disability or gender, you may:
 - I. Contact the Discrimination Prevention Office atdpo@equity.ucla.edu.
 - II. File a grievance with the Office of the Dean of Students under procedure 230.1, at grievance@saonet.ucla.edu.