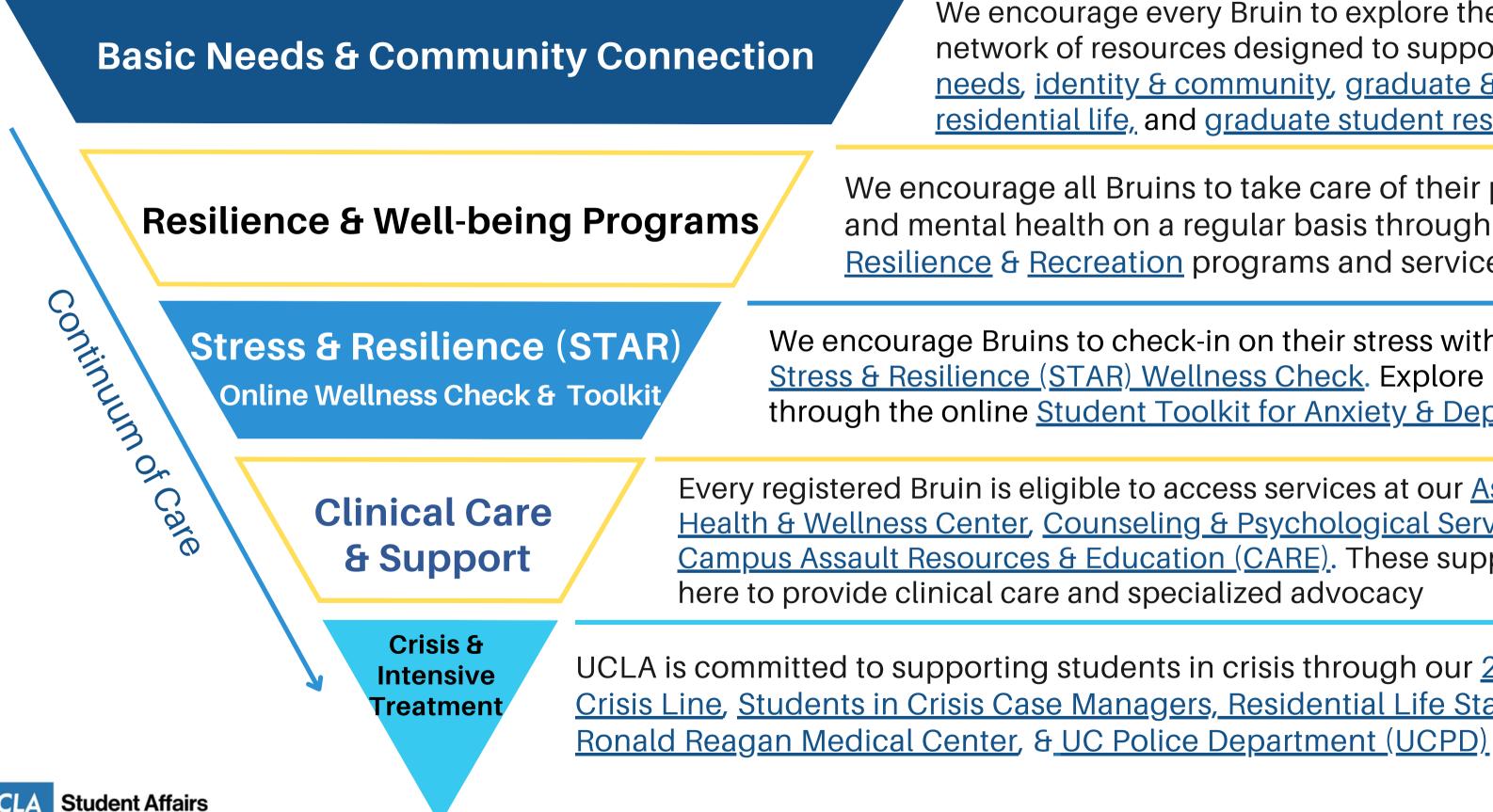
## **UCLA HEALTH & WELL-BEING RESOURCES**



We encourage every Bruin to explore the robust network of resources designed to support basic needs, identity & community, graduate & family residential life, and graduate student resources

We encourage all Bruins to take care of their physical and mental health on a regular basis through our **<u>Resilience</u>** & <u>Recreation</u> programs and services

We encourage Bruins to check-in on their stress with the UCLA Stress & Resilience (STAR) Wellness Check. Explore resources through the online Student Toolkit for Anxiety & Depression

Every registered Bruin is eligible to access services at our Ashe Student Health & Wellness Center, Counseling & Psychological Services (CAPS), and <u>Campus Assault Resources & Education (CARE)</u>. These support services are

UCLA is committed to supporting students in crisis through our <u>24-hour</u> Crisis Line, Students in Crisis Case Managers, Residential Life Staff, UCLA