

# UCLA HEALTH & WELL-BEING RESOURCES

## Basic Needs & Community Connection

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](#)

## Resilience & Well-being Programs

We encourage all Bruins to take care of their physical and mental health on a regular basis through our [Resilience & Recreation](#) programs and services

## Stress & Resilience (STAR) Online Wellness Check & Toolkit

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](#)

## Clinical Care & Support

Every registered Bruin is eligible to access services at our [Ashe Student Health & Wellness Center](#), [Counseling & Psychological Services \(CAPS\)](#), and [Campus Assault Resources & Education \(CARE\)](#). These support services are here to provide clinical care and specialized advocacy

## Crisis & Intensive Treatment

UCLA is committed to supporting students in crisis through our [24-hour Crisis Line](#), [Students in Crisis Case Managers](#), [Residential Life Staff](#), [UCLA Ronald Reagan Medical Center](#), & [UC Police Department \(UCPD\)](#).

Continuum of Care