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.

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 your physical wellbeing?

Are you concerned about your mental wellbeing?

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

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

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

Tip: Click on a blue box and you will be directed to resources related to your needs.

Is this an emergency?

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/
Trevor Project
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

- Do you need help navigating relationship conflict?
  - EngageWell
  - Rise Center – Virtual Library
  - Campus Assault Resources and Education
  - TAO
  - MYSSP

- Do you feel lonely or want to find communities at UCLA that support Graduate Students?
  - EngageWell
  - Rise Center – Virtual Library
  - Campus Assault Resources and Education
  - TAO
  - MYSSP

- Would you like peer-to-peer support and mentorship?
  - EngageWell
  - Rise Center – Virtual Library
  - Campus Assault Resources and Education
  - TAO
  - MYSSP
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?

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

Would you like resources for addressing anxiety?

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

Would you like resources for self-esteem issues?

Leave Policies for Student Employees
Academic Services - UCLA Graduate Division

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

CAPS
Behavioral Wellness Center

Campus Assault Resources and Education
CAPS
RISE Virtual Library
Behavioral Wellness Center
Graduate/Post-Doc Case Managers

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
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:

- Step 1: You should start by addressing any question or concern about research with your PI or supervisor. If it is not satisfactorily addressed by the PI or supervisor, you should turn to your departmental graduate student advisor and/or department.

- Step 2: If you feel that a mediator outside of your department is necessary for fair deliberation, you may bring the issue to your school/divisional equity advisor. Should you believe the issue gives rise to a discrimination-related concern, you may also utilize the standard reporting procedures at the Discrimination Prevention Office, Title IX Office, or the ADA/504 Compliance Office.

- Step 3: Should the issue not be resolved or you are not comfortable taking Steps 1 or 2, you or the equity advisor can bring the concern to the attention of the academic case managers in the Graduate Division, who may choose to involve the graduate associate deans or graduate dean.

- Step 4: If the academic case manager and/or graduate deans determine that additional review is needed, they may refer the case to the Vice Chancellor for Research and Creative Activities, Roger Wakimoto. Graduate students and postdocs should familiarize themselves with the range of resources available for their support, including academic services and accommodation requests. Postdoctoral scholars can also reach out to their bargaining unit for concerns regarding their contract.

Please Continue to the Next Slide
Step 5:

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.