

Helping a distressed student



## Approach with your **HEART**

- **H**ear the student
- **E**mpathize with the situation
- **A**ssess the needs
- **R**efers to resources
- **T**ake action and make a report.

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**UCLA Resources**

**SRRC/TIX**  
310.825.0953  
SRRC@unex

**CARE Team  
(confidential TIX)**  
310.206.2465  
advocate@  
careprogram.ucla.edu

**Disability Services**  
310.794.4162  
access@unex

**Bruins Safe/BruinAlert  
(safety updates)**  
Bso.ucla.edu  
oem.ucla.edu

**Community  
Resources**

**UCLA Police**  
Emergency - 911  
Non-Emergency  
310.825.1491  
Safe Escort  
310.794.9255

**Domestic Violence**  
Hotline – 24hrs  
800.799.7233

**Mental Health**  
Crisis Line – 24hrs  
877.727.4747

**Veterans**  
Crisis Line – 24hrs  
1.800.273.8255 x1

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