



# BEHAVIORAL WELLNESS SERVICES & RESOURCES

## *UCLA BEHAVIORAL WELLNESS SERVICES*

### Graduate Students

Behavioral Wellness Center (BWC)	Counseling and Psychological Services (CAPS)
<ul style="list-style-type: none"> <li>• One-on-one counseling and comprehensive behavioral health services</li> <li>• Short-term psychotherapy</li> <li>• Psychiatric consultation</li> <li>• Information about community based services and resources</li> <li>• Services are covered by insurance and co-pays have been waived</li> <li>• For appointments, call (310)825-9605 or email <a href="mailto:bwc@mednet.ucla.edu">bwc@mednet.ucla.edu</a></li> <li>• Location: first floor of the UCLA Center for the Health Sciences (CHS 18-218)</li> <li>• Office hours: 8:00 a.m. – 5:00 p.m. with clinicians available for early morning, daytime and evening sessions</li> </ul>	<ul style="list-style-type: none"> <li>• One-on-one counseling and comprehensive behavioral health services</li> <li>• 24-hour emergency call line, (310) 825-0768</li> <li>• Non-UCLA Clinic psychiatrists &amp; therapists</li> <li>• 6 Free Visits (no insurance or co-pay required)</li> <li>• For appointments, call (310) 825-0768</li> <li>• ADHD Assessment, Support and Treatment Services</li> <li>• Location: 221 Westwood Plaza, Los Angeles, CA 90095 <a href="http://www.counseling.ucla.edu/">http://www.counseling.ucla.edu/</a></li> <li>• Group therapy offered at CAPS: <a href="http://www.counseling.ucla.edu/Portals/53/Documents/CAPS%20Brochure%20Fall%202016.pdf">http://www.counseling.ucla.edu/Portals/53/Documents/CAPS%20Brochure%20Fall%202016.pdf</a></li> </ul>

Office of Ombuds Services	UCLA Gender & Power Abuse Committee
<ul style="list-style-type: none"> <li>• Place to go for assistance in resolving conflicts, disputes or complaints on an informal basis</li> <li>• For appointments, call (310) 206-2427</li> <li>• Location: Strathmore Building Suite 105, 501 Westwood Plaza)</li> <li>• Office hours 8am-5pm, Monday-Friday or by appointment</li> </ul>	<ul style="list-style-type: none"> <li>• Place to speak to committee members about your concerns</li> <li>• Committee members informally and confidentially discuss concerns to give you suggestions on how to resolve your situation and discuss what resources are available to you</li> <li>• Chair: Joyce M. Fried, call (310)794-1958</li> </ul>



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## CAMPUS FITNESS

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- **UCLA Recreation**  
<http://www.recreation.ucla.edu>
- **FitZone Classes (Free Group Exercise)**  
<http://www.recreation.ucla.edu/fitzones>
- **Fitwell Education (Classes on Wellness)**  
<http://www.recreation.ucla.edu/fitwellworkshops>
- **Maps for Self-Guided Walks on Campus**  
<http://www.recreation.ucla.edu/walks>

## COMMUNITY-BASED PROGRAMS

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### GENERAL COMMUNITY RESOURCES

- ***Community Resources***  
General listings of available community resources  
<http://www.counseling.ucla.edu/Resources>

### RECOVERY SUPPORT GROUPS

- ***Alcoholics Anonymous (AA)***  
<http://www.laocaa.org/>  
AA's "primary purpose" is to help alcoholics "stay sober and help other alcoholics achieve sobriety".
- ***Al-Anon***  
[www.al-anon.org/](http://www.al-anon.org/)  
Friends and families of problem drinkers find understanding and support at Al-Anon meetings.
- ***Smart Recovery***  
<http://www.smartrecovery.org/>  
Self-empowering addiction recovery support group and alternative to 12 step groups such as Alcoholics Anonymous.
- ***Narcotics Anonymous:***  
<http://www.greaterlosangelesna.org/>  
Recovery groups to cope with the effects of addiction through working a twelve-step program.



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## COMMUNITY-BASED PROGRAMS CONTINUED

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### OTHER SUPPORT GROUPS

- ***Our House (Grief Support Group)***  
<http://www.ourhouse-grief.org/>  
The OUR HOUSE mission is to provide the community with grief support services, education, resources, and hope. Since 1993, OUR HOUSE has helped thousands of grieving children, teens, and adults as they embark upon their journeys to hope and healing.
- ***Co-dependence anonymous***  
<http://coda.org/>  
Co-Dependents Anonymous (CoDA) is a twelve-step program for people who share a common desire to develop functional and healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.
- ***Overeaters anonymous***  
<https://oa.org/>  
Overeaters Anonymous (OA) is a twelve-step program for people with problems related to food including, but not limited to, compulsive overeaters, those with binge eating disorder, bulimics and anorexics. Anyone with a problematic relationship with food is welcomed, as OA's Third Tradition states that the only requirement for memberships is a desire to stop eating compulsively.
- ***Emotions anonymous***  
<http://emotionsanonymous.org/>  
Emotions Anonymous (EA) is a twelve-step program for recovery from mental and emotional illness

## LITERATURE

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### UCLA CAPS Self-Help Library

- <http://www.counseling.ucla.edu/Resources>

### BOOKS

- ***The Center Cannot Hold***/Elyn Saks  
<https://www.amazon.com/Center-Cannot-Hold-Journey-Through/dp/1401309445/>
- ***My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind***/Scott Stossel  
<https://www.amazon.com/My-Age-Anxiety-Dread-Search/dp/0307390608/>
- ***An Unquiet Mind: A Memoir of Moods and Madness***/Kay Redfield Jamison  
<https://www.amazon.com/Unquiet-Mind-Memoir-Moods-Madness/dp/0679763309/>



# BEHAVIORAL WELLNESS SERVICES & RESOURCES

## LITERATURE CONTINUED...

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### BOOKS CONTINUED...

- *Bipolar Disorder: A Guide for Patients and Families* /Francis Mark Mondimore  
<https://www.amazon.com/Bipolar-Disorder-Patients-Families-Hopkins/dp/1421412063/>
- *Depression, the Mood Disease*/Francis Mark Mondimore  
<https://www.amazon.com/Depression-Mood-Disease-Francis-Mondimore/dp/B000PS0F3O/>
- *Borderline Personality Disorder: New Reasons for Hope*/Francis Mark Mondimore, Patrick Kelly  
<https://www.amazon.com/Borderline-Personality-Disorder-Reasons-Hopkins/dp/1421403145/>
- *Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder*/Paul Mason MS and Randi Kreger  
<https://www.amazon.com/Stop-Walking-Eggshells-Borderline-Personality/>

### WORKBOOKS

- *The Feeling Good Workbook*/David Burns  
<https://www.amazon.com/Feeling-Good-Handbook-David-Burns/dp/0452281326/>
- *The CBT Toolbox: A Workbook for Clients and Clinicians*/Jeff Rigenbach  
<https://www.amazon.com/CBT-Toolbox-Workbook-Clients-Clinicians/dp/1936128306/>
- *The Dialectical Behavior Therapy Skills Handouts and Worksheets*/Marsha Linehan  
<https://www.amazon.com/Skills-Training-Handouts-Worksheets-Second/dp/1572307811/>
- *The Dialectical Behavior Therapy Skills Workbook*/Matthew McKay, Jeffrey Wood, Jeffrey Brantley  
<https://www.amazon.com/Dialectical-Behavior-Therapy-Skills-Workbook/dp/1572245131/>



# BEHAVIORAL WELLNESS SERVICES & RESOURCES

## TECHNOLOGY

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### WEB APPS

<p><b><u>MOOD TRACKING</u></b></p> <ul style="list-style-type: none"> <li>• What's My M3</li> <li>• My Mood Tracker lite</li> <li>• Emoods</li> <li>• Moodlytics</li> <li>• Imood journal</li> <li>• T2 Mood Tracker</li> <li>• Moodkit</li> </ul>	<p><b><u>MINDFULNESS</u></b></p> <ul style="list-style-type: none"> <li>• Breathe2Relax</li> <li>• Headspace</li> <li>• Stop, Think, &amp; Breathe</li> <li>• Smiling Mind</li> <li>• Chill</li> <li>• Mindfully Me</li> <li>• Gratitude Journal by Happy Tapper</li> <li>• Calm Meditation</li> <li>• Omvana</li> <li>• Calm</li> </ul>	<p><b><u>CBT</u></b></p> <ul style="list-style-type: none"> <li>• What's up?</li> <li>• Cognitive Diary CBT Self-Help</li> <li>• eCBT Calm</li> <li>• MindShift</li> </ul>	<p><b><u>ANXIETY</u></b></p> <ul style="list-style-type: none"> <li>• WorryWatch</li> </ul>
<p><b><u>DBT</u></b></p> <ul style="list-style-type: none"> <li>• DBT Diary Card &amp; Skills Coach</li> </ul>	<p><b><u>SLEEP</u></b></p> <ul style="list-style-type: none"> <li>• Deep Sleep with Andrew Johnson</li> <li>• Powernap by Digi Pill</li> <li>• ISleepEasy</li> </ul>	<p><b><u>ADHD</u></b></p> <ul style="list-style-type: none"> <li>• 30/30</li> <li>• Clear</li> </ul>	<p><b><u>WORKOUT/MISC</u></b></p> <ul style="list-style-type: none"> <li>• 7-Minute Workout</li> <li>• Zombies Run!</li> <li>• Charity Miles</li> <li>• Daily Burn</li> <li>• Couch to 5K</li> <li>• Optimism</li> </ul>

## MINDFULNESS RESOURCES

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### LOCAL PROGRAMS

- **UCLA Mindfulness Awareness Research Center (MARC)**  
<http://marc.ucla.edu>  
 6-week long mindfulness classes in a variety of locations around Los Angeles and online  
 Lunchtime drop-in meditation in WW and SMH  
 100s of recorded 30 minute mindfulness sessions on their website  
 Daylong retreats at the WW UCLA campus
- **InsightLA**  
[www.insightla.org](http://www.insightla.org)  
 Classes designed to introduce people to mindfulness meditation



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## MINDFULNESS RESOURCES CONTINUED...

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### LOCAL PROGRAMS CONTINUED...

- **Unplug**  
[www.unplugmeditation.com](http://www.unplugmeditation.com)  
Drop-in, secular meditation studio.

### WEBSITES

- **Palouse Mindfulness**  
<http://palousemindfulness.com/>  
A completely free and online eight-week MBSR course, designed for people who are not able to take a live MBSR course for financial or logistical reasons. The course includes guided meditations, articles, and videos.
- **Mindfulness exercise**  
<http://mindfulnessexercisecom.com/>  
More than a thousand free online, science-based mindfulness exercises that increase calmness, clarity, and resilience. Exercises include worksheets, audio files, videos, e-books, and more

### GUIDED MEDITATIONS WITH VIDEOS

- **Nap Sounds**  
<http://www.napsounds.com>  
20 minute guided meditation power nap
- **Blissful Deep Relaxation**  
<https://www.youtube.com/watch?v=Jyy0ra2WcQQ>  
18 minute ocean sights and sounds meditation & breathing.

### GUIDED AUDIO MEDITATIONS

- **Insight LA**  
<https://www.insightla.org/audio/guided-meditations>
- **MARC at UCLA**  
<http://marc.ucla.edu/body.cfm?id=22>



# BEHAVIORAL WELLNESS SERVICES & RESOURCES

## *POSITIVE PSYCHOLOGY*

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### *CHARACTER STRENGTHS*

- **VIA Institute on Character**  
[www.viacharacter.org](http://www.viacharacter.org)  
Free simple self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your core characteristics.