

# Assisting Students in Distress at

**UCLA** Extension



The UC Red Folder Initiative serves as a quick reference guide to mental health resources for employees who may interact with distressing or distressed students.

The Red Folders identify common signs of student distress and direct employees through campus protocol to clarify who they should contact in the event of an emergency.

The Bruin REACH program maintains this resource for UCLA Extension.

# STAFF & INSTRUCTOR GUIDE

# WHO CAN HELP?

For an emergency, call 911. Then,  
report to  
[incidentreporting.uclaextension.edu](http://incidentreporting.uclaextension.edu)  
For non-emergency safety concerns,  
call UCLA Police at 310.825.1491  
If in doubt, call UCLA Police.

The Center for Student Resilience (CSR) is  
available for consultation on any matters  
of concern involving a UNEX student. Bruin  
REACH can help facilitate campus efforts  
to assist the student and provide support  
for instructors/staff.



**RECOGNIZE** when to be concerned



**RESPOND** intervene, refer, consult



**REPORT** to the appropriate parties

Bruin REACH

424.259.5243 | [CSR@uclaextension.edu](mailto:CSR@uclaextension.edu)

Student Rights & Responsibilities Center

310.825.0953 | [SRRC@uclaextension.edu](mailto:SRRC@uclaextension.edu)

Office of Disability Services

310.794.4162 | [ODS@uclaextension.edu](mailto:ODS@uclaextension.edu)

**UCLA**  
Extension

**Questions?**  
**Reach out for a consult!**

The Center for Student Resilience  
provides these services:

**Bruin REACH**

behavioral and mental wellness support

**Office of Disability Services**

ADA accommodations/advocacy

**Student Rights & Responsibilities**

conduct/case management

10 SECOND TRIAGE

## Danger

- Active threat to self or others
- Stalking/harassment
- Mention of/access to weapons
- Physical violence
- Unprovoked anger or aggression
- Significant loss of emotional control
- Bizarre behavior, paranoia or confusion
- Dangerous/reckless behavior

CALL 911

File an incident report when safe

## Disruptive

- No immediate safety concern
- Destruction of property
- Isolated or withdrawn
- Poor hygiene or drastic change in appearance
- Notable changes in eating and/or sleeping habits

## Distressed

- Notable changes in academic performance or social behavior
- Persistent fatigue
- Substance abuse and/or dependence
- Self-disclosure of personal distress
- Irritability or apathy
- Feelings of anxiety/panic
- Frequent absences/tardiness
- Recent traumatic event

MENTAL HEALTH  
Bruin REACH  
424.259.5243

BEHAVIORAL CONCERN

Student Rights & Responsibilities Center  
310.825.0953

UCLA

Extension



# WE CAN HELP



## Student Rights & Responsibilities

*Investigates violations of the Student Conduct Code*

310.825.0953



## Bruin REACH

*Advising, wellness coaching, and referrals for students in distress*

424.259.5243



## Disability Services

*ADA accommodations and advising for students with disabilities and Veterans*

310.794.4162



## CARE

*Confidential resource for UCLA community members who may be experiencing intimate partner violence, stalking, sexual assault or sexual harassment.*

310.206.2465



## Title IX

*Investigates matters of gender-based discrimination, harassment and violence.*

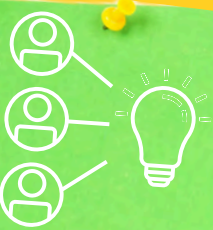
310.206.3417



## UCPD

*Law enforcement and emergency response for UCLA campus*

310.825.1491



## UNEX XRT

*Case management and crisis intervention for Extension students*

424.259.5243



## Ombuds Services

*Confidential dispute and mediation resource for UCLA community*

310.825.7627



## 24/7 Crisis Lines

*Suicide Prevention Lifeline  
Dial 988:*

**Veterans - Press 1**  
**Multilingual - Press 2**  
**LGBTQ+ - Press 3**  
**Mental Health Hotline**  
**(800) 670-1410**  
**Trans Lifeline**  
**(877) 565-8860**

**REPORT AN INCIDENT 24/7:**  
[incidentreporting.uclaextension.edu](http://incidentreporting.uclaextension.edu)

**Center For  
Student Resilience**

**email**  
[CSR@uclaextension.edu](mailto:CSR@uclaextension.edu)

**phone**  
424.259.5243

**office**  
1145 Gayley Ave, 2nd Fl,  
Los Angeles, CA 90024