

Option 1 – Adapted from HIST 96W with Peter Chesney

To discuss dangerous ideas, you need a safe space for talk. Wherever you are on your journey, grounded in your identity or uncertain, disadvantaged in your background or privileged, you are welcome here. My role is to ensure equal access for all, and thus, to help guide the group into a conversational dynamic where no one's voice dominates, no one's voice goes silent. Recognize the following resources are available to help empower you, cultivate safety, and support your needs in this unprecedented learning environment:

- Ashe Student Health & Wellness Center: <https://www.studenthealth.ucla.edu/services>
- Center for Accessible Education: <https://www.cae.ucla.edu/>
- Counseling and Psychological Services: <https://www.counseling.ucla.edu/>
 - CAPS 24-hour crisis hotline: (310) 825-0768
 - National Suicide Prevention hotline: (800) 273-8255
- LGBTQ Center: <https://www.lgbt.ucla.edu/Services-and-Resources>
- Undocumented Student Program: <https://www.usp.ucla.edu/Resources>
- Equity, Diversity, and Inclusion: <https://equity.ucla.edu/>
- Title IX Office/Sexual Harassment Prevention: <https://www.sexualharassment.ucla.edu/>
- Economic Crisis Response Team: <https://www.basicneeds.ucla.edu/services/economic-crisis-response-team>

Option 2 – Adapted from HIST 96W with Max Daniel

COVID-19 has imposed upon all of us, to varying degrees, unprecedented social isolation; economic uncertainty; and fear for health and safety. As we embark together upon another academic quarter of remote instruction, I encourage everyone to prioritize self-care to make the best of your time at UCLA. Should personal problems arise, I encourage you to not only communicate with me, but also utilize the following campus resources:

- Ashe Student Health & Wellness Center: <https://www.studenthealth.ucla.edu/services>
- Center for Accessible Education: <https://www.cae.ucla.edu/>
- Counseling and Psychological Services: <https://www.counseling.ucla.edu/>
 - CAPS 24-hour crisis hotline: (310) 825-0768
 - National Suicide Prevention hotline: (800) 273-8255
- LGBTQ Center: <https://www.lgbt.ucla.edu/Services-and-Resources>
- Undocumented Student Program: <https://www.usp.ucla.edu/Resources>
- Equity, Diversity, and Inclusion: <https://equity.ucla.edu/>
- Title IX Office/Sexual Harassment Prevention: <https://www.sexualharassment.ucla.edu/>
- Economic Crisis Response Team: <https://www.basicneeds.ucla.edu/services/economic-crisis-response-team>

Mental Health

- Counseling & Psychological Services: <https://www.counseling.ucla.edu/>
- CAPS 24-hour hotline: (310) 825-0768
- National Suicide Prevention hotline: (800) 273-8255

Physical Health

- Ashe Center: <https://www.studenthealth.ucla.edu/services>
- Student Health Education: <https://www.healtheducation.ucla.edu/>
- UCLA Recreation: <https://www.recreation.ucla.edu/>

Financial & Basic Needs

- Economic Crisis Response Team: <https://studentincrisis.ucla.edu/economic-crisis-response>
- Food Security: <https://financialwellness.ucla.edu/resources/food-security-resources>
- Financial Wellness Program: <https://www.financialwellness.ucla.edu/>

Safety & Inclusion

- Title IX & Sexual Harassment: <https://www.sexualharassment.ucla.edu/>
- Equity, Diversity, & Inclusion: <https://equity.ucla.edu/>
- LGBTQ Center: <https://www.lgbt.ucla.edu/>
- Undocumented Student Program: <https://www.usp.ucla.edu/Resources>

Academic Needs

- Center for Accessible Education: <https://www.cae.ucla.edu/>
- Bruin Resource Center: <https://www.brc.ucla.edu/Programs>
- Dean of Students: <https://www.deanofstudents.ucla.edu/>
- History Writing Center: <https://uwc.ucla.edu/>