Proposal: CAPS Number & Resources on UCLA Academic Syllabi

Dear Academic Senate,

The goal and purpose of integration of the Counseling and Psychological Services (CAPS) phone number and list of resources in every academic syllabus on UCLA’s campus is simple. Every student encounters a syllabus for each class at some point throughout the school year, if it is not already reviewed at the beginning of each term. Many students do not know about counseling services that are available on campus and this is an easy way to make sure all students are aware of CAPS. This is likely to increase the amount of students who use CAPS and in effect, help to break the stigma and silence surrounding the discussion of mental health on this campus. It can also serve as a referral system for students to forward to a friend in need. Ultimately, it is our responsibility as part of a student government that sponsoring and supporting All of Us, a council-wide mental health campaign.

Professors are not professionally equipped to handle issues dealing with mental health and may be given improper advice. This would be especially helpful because as students are struggling, oftentimes they find it hard for students to look for resources on their own. If they see the number on all of their syllabi, it will become a more familiar resource and we can in turn break the current culture of complicity. A students’ mental health can directly impact their performance in classes, so all of these resources should be consolidated.

Not dealing with one’s mental health in a positive and wholesome way can cause harm to individuals affected. The General Representative 1 Office is doing their part to help UCLA students as much as they can, beginning with this small change.

Thank you for taking the time to read this proposal.

Humbly,

Manjot Singh
USAC General Representative 1 Office