



RISE

Bruins Public Health



What is RISE?

Space for students to apply *positive psychology* practices to improve mental health

Holistic well-being in an inclusive routine way

Not a clinical setting, more like a *mental health boost*

Location & Hours

Lu Valle Commons
Basement
(under food court)

Monday-Thursday:
10am-7pm

Friday: 10am-4pm

Contact

Email:

rise@caps.ucla.edu

Phone:

(310) 825-9039

Students report RISE feels more *inclusive* than other institutions on campus do; it is calmer and *less academically focused*

Services

Positive Psychology:

Mindfulness and beginners yoga sessions

Workshops for mental health and suicide prevention and learning resources to enhance mental health literacy

Help in understanding and navigating wellness on campus by directing students to other programs

Spaces to talk when something traumatic happens campus-wide