Wellness Programs offered by our Campus Partners

Mindful UCLA: (www.resilience.ucla.edu/mindful_ucla)
Resilience Peer Network: (www.resilience.ucla.edu/resilience_peer_network)
Grand Challenges-Depression: (depression.samel.ucla.edu/cb-student-welcome)
Grit Coaching Program: (www.grit.ucla.edu)
Free Guided Meditations: (marc.ucla.edu/mindful-meditations)
Wesley Foundation: (www.wfsucla.org)
Financial Wellness Program: (www.financialwellness.ucla.edu)
Bruins for Recovery: (www bruins4recovery.com)

Mindful Drop-Ins
Stop by CAPS Tuesdays from 5:15pm to 5:45pm for a mindful drop-in session, facilitated by our partners at the UCLA Mindfulness Awareness Research Center (MARC). Sessions are open to all students and no prior registration is necessary.

John Wooden Center West
Monday, Tuesday, Thursday: 8:00am-7:00pm, Wednesday: 9:00am-7:00pm (By Appointment Only after 4pm)
Friday: 8:00am-5:00pm (310) 825-0768 • www.counseling.ucla.edu
Crisis Counseling available by phone 24 hours a day, 7 days a week

Make an Appointment
Appointments can be made in person or over the phone. To make your initial Brief Screening appointment, please visit us in person between 9:00am and 4:00pm Mondays-Fridays.

Eligibility
All registered UCLA students are eligible to receive up to 3 sessions of individual psychotherapy per academic year with 3 additional sessions in the summer. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed. Students are also eligible for Wellness Skills Group treatment and limited emergency psychiatry treatment by therapist referral.

Students without SHIP Insurance:
Please visit our website for a comprehensive list of fees.

Students with SHIP Insurance:
Are eligible to receive an additional 3 sessions per academic year. Additionally, they are eligible for psychiatry, therapy group treatment; clinical coordination and referral to Behavioral Health Services (BHS) as clinically indicated. Treatment may be extended to manage higher severity needs.

Confidentiality
Our services are confidential, meaning that we will not disclose information about your treatment to anyone who is not directly involved in your care without your written permission.

The Counseling Center
Counseling & Psychological Services
A Department of Student Affairs

Coping through the Quarter
S-Session Wellness Skills Group
Weekdays: 10:00-11:00am
This five-session skill group offers support to address a variety of student concerns including, academic stress, anxiety, procrastination, and interpersonal concerns.

The group focuses on a new set of skills each week including:
1) Relaxation skills, 2) Time Management, 3) Problem Solving, 4) Thought Awareness, and 5) Radical Acceptance and Self-Compassion.

Students may enroll in the S-Session module beginning any week of the academic quarter. Students must obtain a referral from a CAPS Brief Screen Counselor or CAPS Clinician to enroll.

Be Well. Stay Well. Do Well.
Virtual Resources
*Like* our Facebook page for mental health updates and visit our website to learn more about CAPS services, trainings, and our lending library.

Feedback
Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu
Academic Success Groups

Dissertation Writer’s Group (For Graduate Students)

Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesis or Dissertation writing process?

Anxiety Groups

Moving Forward:

Anxiety Groups

Is your tendency to criticize or judge yourself impacting your academic life and relationships? This group will help you identify and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.

Anxiety Groups

Break Free From Anxiety:

Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, and panic attacks? This structured skills group uses cognitive-behavioral and acceptance based strategies to help break the cycle of anxiety.

Disordered Eating Groups

Disordered Eating I:

This group is open to students who are concerned about improving their eating habits, exercising, and coping skills. Members will enhance their skills for maintaining a healthier lifestyle, challenging negative behaviors and improving relationships.

Disordered Eating Groups

Disordered Eating II:

This structured skills group will help you learn how to exercise, more fully engage in social activities, and make social connections. This group will be facilitated by a mental health professional.

Disordered Eating Groups

Anxiety Groups

Anxiety Groups

Cognitive Processing Therapy Group:

Survivors of Sexual Trauma Groups

This group is for students who want to learn about trauma and the impact that it has had on your mental, emotional, and psychological well-being.

Community- Focused Groups

UncodScholars Therapy Group:

This support group welcomes undocumented students who are coping with unique challenges related to immigration status. Issues addressed include: coming out to others; stress related to financial barriers, immigration status, and understanding on campus; accessing health and social services; issues related to transitions upon graduation.

Mood Groups

Anxiety Groups

Anxiety Groups

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Community- Focused Groups

Assessment

Please refer to the “Assessment” section for a list of upcoming groups.

Wellness Skills Groups

Finding Focus:

Is it difficult to concentrate while taking an exam? Do you struggle with problem-solving in academic settings or develop procrastination?

Wellness Skills Groups

Anxiety Groups

Anxiety Groups

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