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.semel.ucla.edu/cbt/student/welcome
Free Guided Meditations
marc.ucla.edu/mindful-meditations
Wesley Foundation
www.wfucols.org
Financial Wellness Program
www.financialwellness.ucla.edu
Brains for Recovery
www.brainfrecovery.com
SHEP - Student Health Education and Promotion
www.shep.ucla.edu
ISSP - International Student Support Program
us.mysipm.philt 1 (864) 743-7732

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.

Suicide Prevention
This workshop offers training and practice in suicide prevention skills, utilizing the nationally recognized Suicide Prevention Gatekeeper approach. Training includes: helping participants to identify risk and protective factors for suicide; how to intervene with individuals at risk for suicide; practice in the CPR skills of questioning, persuading and referring suicidal individuals. Suicide prevention training for ALL STUDENTS on 10/02/18 from 2:00 to 3:30 pm in the CAPS Large Conference Room - RSVP required.

Distressed & Distressing
Designed for student leaders, staff, and faculty, our “Distressed & Distressing” (D&D) Trainings offer guidance to assist in recognizing the differences between students in distress and/or students who are distressed. These trainings are designed to equip participants with knowledge on when to consult, report, and in assisting in identifying distressed and disturbing students. Presentations are approximately 90 minutes.
D&D for ALL STAFF and TAs on 10/11/18 from 10:00 TO 11:30 pm in the CAPS Large Conference Room - RSVP required.

Contact CAPS at: rsvp@caps.ucla.edu
Please note: rsvp@caps.ucla.edu is meant for outreach requests and reservation only.
Most requests for outreach presentations require at least 3 weeks advance notice.
For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS web site.

Coping through the Quarter
5-Session Wellness Skills Group
Weekdays: 10:00-11:00am
This five-session skills 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 5-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.

Crisis Counseling
Available by phone 24 hours a day, 7 days a week
Reserve: www.careprogram.ucla.edu
CARe
Counseling, Assessment, Referral, Education
Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access

Satellite Clinics and Co-Programming Services

Satellite Clinics:
Anderson School of Management
Correll Hall Suite D201
Behavioral Wellness Center
Center for the Health Sciences 18-218
School of Engineering
Boelter Hall 4288-B
Law School
Shapiro Courtyard Room 1224

UCLA
Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access

Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access
Disordered Eating Groups

Eating in the Moment: This group is designed to help you understand your relationship with food and guide you toward dietary changes with the goal of improving your mental and physical health. This group will help you develop skills for creating a healthier lifestyle, challenging destructive behaviors, and enhancing interpersonal relationships.

Mood Groups

Recovering from Depression: This group provides an opportunity for sharing personal problems and will also incorporate measures for reducing stress and anxiety associated with depression. It will last 8 weeks.

Black Graduate Bruins Group: This group is designed for Black graduate students to increase connection, self-empowerment, and advocacy as students academically advance in a professional, multicultural world. Students also gain support exploring racial and ethnic issues as they intersect with their own personal and relationship development.

Anxiety Groups

Black and Brown: A group for Black & Brown* and any other students interested in promoting a sense of community for those of African descent on the UCLA campus. This group will meet weekly to enhance academic strengths and weaknesses, and to increase one's ability to understand others, their experiences, and the social and emotional problems one may be facing. This group will meet weekly.

Mind/Body Groups

Mindful Pathways to Wellness: This group is designed to help you develop mindfulness practices to improve your ability to focus, think deeply, and form connections. Group sessions will involve training in sitting, moving, and group meditation and will help you develop a daily mindfulness practice.

Mind/Body/Groups

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Taming Your Inner Critic: A trained peer coach who is not a professional therapist will judge or critique your inner critic. This group is for students who want to develop a sense of inner peace.

Social Anxiety Group: This group is designed for students who want to learn about, understand, and manage social anxiety. It will meet weekly.

Mindful Pathways to Wellness: This group is designed to help you develop mindfulness practices to improve your ability to focus, think deeply, and form connections. Group sessions will involve training in sitting, moving, and group meditation and will help you develop a daily mindfulness practice.

Wellness Skills Groups

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Mindful Pathways to Wellness: This group is designed to help you develop mindfulness practices to improve your ability to focus, think deeply, and form connections. Group sessions will involve training in sitting, moving, and group meditation and will help you develop a daily mindfulness practice.

In the Moment: This group is designed to help you understand your relationship with food and guide you toward dietary changes with the goal of improving your mental and physical health. This group will help you develop skills for creating a healthier lifestyle, challenging destructive behaviors, and enhancing interpersonal relationships.

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