Move Your Mood

Move Your Mood is a collaboration between CAPS and UCLA Recreation Center that allows students to use movement to improve their mood and well-being, which is supported by research. It is an alternative form of treatment that can yield improvement to those with mild to moderate symptoms.

Suicide Safe Training

The UCLA Suicide Safe Model aims to transform higher education to significantly reduce suicide by equipping multiple campus communities and stakeholders around suicide safety and response. This training is appropriate for all members of the UCLA community including campus partners, staff, faculty, and students who wish to better understand suicide and assist with its prevention outside of mental health settings.

Suicide Safe training for ALL STUDENTS, STAFF and TAs will be on 10/30/19 from 10:00 am to 12:00 pm and 11/12/19 from 3:00 - 5:00 pm in the CAPS Large Conference Room – RSVP required.

Satellite Clinics on Campus
*p lease contact CAPS at (310) 825-0768 for more information about the satellite clinic*

Anderson School of Management: Mullin Management Commons, F203
Mondays, Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 pm

Athletics: Acosta Consultation Room 114-C
Mondays, Wednesdays, & Fridays 8:00 am - 5:00 pm

Behavioral Wellness Center:

CHS Room 17-253L
Monday - Thursday 8:00 am - 6:00 pm, Fridays 8:00 am to 5:00 pm
(310) 794-0001

School of Education: Boelter Hall 428B-G
Wednesdays 10:00 am - 12:00 pm, Thursdays 2:00 - 4:00 pm
“weeks 5-10 only”

School of Law: Law Library Room 1112
Monday - Wednesday 10:00 am - 1:00 pm

Mindfulness Drop-Ins

Stop by CAPS Tuesdays from 5:15 - 5:45 pm for a mindfulness 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.

Crisis Counseling available by phone 24 hours a day, 7 days a week

Crisis Counseling

The Counseling Center

Counseling & Psychological Services

A Department of Student Affairs

John Wooden Center West
Monday, Tuesday, Thursday: 8:00am-6:00pm, Wednesday: 9:00am-6:00pm (by Appointment Only after 4pm), Friday: 8:00am-5:00pm (by Appointment Only after 3pm) (310) 825-0768 www.counseling.ucla.edu

Coping through the Quarter

5-Session Wellness Skills Group
Mondays, Thursdays, & Fridays: 10:00 - 11:00 am

This five-session group skills offer 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 can sign up on a rolling basis for the 5-session module. Coping through the Quarter runs on Mondays, Thursdays, and Fridays. Students must obtain a referral from a CAPS Triage Clinician or other CAPS Clinicians to enroll.

Resilience in the Student Experience (RISE)

Say hello to RISE! Resilience in the Student Experience (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS’ holistic wellness hub and provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being. Offerings include meditation yoga, peer coaching, and other mind-body modalities. We hope to welcome you to one of our upcoming sessions! RISE is currently located at La Valle Commons, Room B-01. Please visit our website or email RISE@caps.ucla.edu for more information.

The STAND program

*The Screening and Treatment for Anxiety and Depression (STAND) Program provides access to treatment resources for all UCLA students. With the STAND program, track your mental health throughout your time at UCLA and enroll in a treatment research study if eligible. Website: bit.ly/STANDprogram Email: stand@mednet.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? Topics discussed include procrastination, writers block, perfectionism, time management, confidence issues and conflicts with peers and professors.
Tuesdays: 2:00 - 3:30 pm
Wednesdays: 3:00 - 4:30 pm

Anxiety Groups

Breaking Free From Anxiety:
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worries, or panic attacks? This structured skills group uses cognitive-behavioral and acceptance based approaches to help you become more socially involved.
Thursdays 3:00 - 4:30 pm

Compassion for Your Inner Critic:
Is your tendency to criticize or judge yourself impacting your academic life and relationships? This group will help you identify your inner critic 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.
Thursdays 3:00 - 4:30 pm

Keep Your Calm:
For students who have completed a previous mood disorder group (Breaking Free from Anxiety, Overcoming Social Anxiety, Living Free from OCD, or Recovering from Depression), Members will continue the process of developing and practicing strategies to challenge emotions and adaptive behaviors. Focus will be on continuing emotional exposures and mindfulness practice within group and identifying opportunities to apply these skills outside of group.
Thursdays: 1:00 - 2:30 pm

Overcoming Social Anxiety:
This group helps students overcome anxiety in a variety of social situations, including speaking in public, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral and acceptance based approaches to help you achieve these goals.
Thursdays 9:00 - 10:30 am

Interpersonal Groups

Grad Students Therapy Group:
Many graduate students have experienced feelings of isolation and loneliness while they devote their energy to securing their future while struggling to balance these lives. The specific focus of the group will be maintained by member's needs with an emphasis on the special needs and issues of graduate students.
Tuesdays: 10:00 - 11:30 am, 3:00 - 4:30 pm
Wednesdays: 3:00 - 4:30 pm
Thursdays: 3:00 - 4:30 pm
Fridays: 9:00 - 10:30 am, 1:00 - 2:30 pm

LGBTQA Community Support Group:
A support and skills-building group for LGBTQA and questioning students. This group will address issues related to those who experience these intersections of sexuality and gender, as well as more general interpersonal concerns. Objectives of the group include developing better communication and relationship skills, improving self-esteem, increasing social support, and defining a comfortable level of self and community connection. Group topics may cover issues related to coming out, relationships, political climate, and other topics relevant to group members.
Fridays 1:00 - 2:30 pm

Students of Color Groups

Black and Brown:
A group for “Black Bruins” and any other students interested in promoting a sense of community for those of African descent on the UCLA campus. This also includes students of mixed ethnic background, LGBTQ, first generation, former foster youth, international students as well as students of varying ability and students from the economically disadvantaged and advantaged backgrounds. The group focuses on building a sense of community, improving self awareness, and encouraging curiosity and creativity.
Thursdays: 3:00 - 4:30 pm

Mindfulness-Based Groups

Interpersonal Effectiveness Skills:
Do you struggle with asserting yourself in relationships, interpersonal problem-solving, or feeling good about your academic progress with others? This 3-session skills-based group is for students who want to learn about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management tools.
Tuesdays 9:00 - 10:00 am
Wednesdays 1:30 - 2:30 pm

Integrative Mindfulness-Based Groups

Taming Your Inner Critic:
This 3 session wellness group is designed for individuals who have developed the habit of being hard on themselves (e.g., relating to academic, social, or emotional difficulties) and realize it is not working the way they hoped. This group aims to help students identify their inner critic; understand the function and outcome of self-criticism; and practice non-judgmental responses and self-compassion as an alternative method of self-talk.
Wednesdays: 10:00 - 11:30 am

Wellness Skills Groups

Wellness Skills Group are generally 3 weeks long and require students to sign up at the Front Desk. Open to students with and without SHIP.

Academic Success Groups

Finding Focus:
Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.
Thursdays: 10:30 am - 12:00 pm

Mind/Body Groups

Mindful Pathways to Wellness:
This group provides opportunities for sharing personal grief experiences while also receiving support from others who have lost a loved one. This group will help you to identify the various aspects of your grief experience and develop personal approaches to addressing emotions of grief.
Thursdays: 12:00 - 1:30 pm

Survivors of Sexual Traumas Groups
Open to All Students (SHIP & Non-SHIP)

Active Healing:
This group is for female identified survivors of sexual assault/sexual abuse. This group will emphasize building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect with others, and receive support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment.
Mondays 2:30 - 4:00 pm

Interested in Signing Up for a CAPS Group?
Let your clinician know so they can refer you to the group. If you do not have a clinician, please come in for a brief screening Monday- Thursday from 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm.
*The triage queue may close early due to high demand.*

Crisis Counseling available by phone (310) 825-0768 24 hours www.counseling.ucla.edu