RISE is currently located at Lu Valle Commons, Room B-01.

Please email RISE@caps.ucla.edu for more information.

Mindful Drop-Ins

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

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 (310) 825-0768 www.counseling.ucla.edu

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

International Student Support Program (ISSP)

Provides 24/7 student acculturation support and counseling to international students via the use of technology. International Student Support Advisors speak your language and understand your culture, including unique challenges you may face while studying in the United States. This program is free for students to use and confidential within the limits of the law. You can access articles, tools, resources, and a support advisor anytime, anywhere. Download the free MY SSP app. Visit the website us.issp.uc.edu or Dial 1-866-743-7732 if calling from North America or dial 001-416-380-6378 if calling from outside North America.

The new CARE Offices are located in Murphy Hall Suite A233
Website: careprogram.ucla.edu
Phone: (310) 206-2465

CARE is a safe place for survivors of sexual assault, dating and domestic violence, and stalking to get support, counseling, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. CARE also provides trauma-informed yoga to survivors and bystanders and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence.

CARE offers confidential services to all currently enrolled students. The CARE offices are located on the ground floor in Murphy Hall, Suite A233. For more information and programming dates, email admin@careprogram.ucla.edu. CARE Advocates provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking. To make an appointment with a CARE Advocate, call 310-206-2465 or email advocate@careprogram.ucla.edu. For more information on resources and support, visit: www.careprogram.ucla.edu.

Spring 2019

The STAND program

"The Screening and Treatment for Anxiety and Depression (STAND) Program provides access to treatment 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: biostats.ucla.edu/STANDprogram

Email: stand@mednet.ucla.edu

Got Feedback?
Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu

Crisis Counseling available by phone 24 hours a day, 7 days a week at (310) 825-0768
Academic Success Groups

Disertation Writer’s Group
For Graduate Students: Are you struggling to write a safe and supportive place to discuss issues and challenges regarding the Thesis or Dissertation writing process? Topics include developing a thesis statement, presentation, writers blocks, perfectionism, time management, confidence issues and conflicts with peers and professors. Tuesdays: 2:30 - 3:30 pm

Disordered Eating Groups

Disordered Eating I: Developing a healthy lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help students understand the connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.
Mondays: 9:30 - 11:00 am

Disordered Eating II: This follow-up group is open to students who are committed to maintaining the process of developing a healthier lifestyle, exercising, coping and relational skills. Members enhance their skills for creating a healthy lifestyle, challenging destructive behaviors and improving relationships.
Friday: 10:00 am - 11:30 am

Mind/Body Groups

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

Interpersonal Process Group
Grad Students Therapy Group: Many graduate students have expressed feelings of relationship loneliness when they realize they do not have the energy to secure their future while struggling to balance their lives. The specific focus of the group will be determined by member’s needs with an emphasis on the special needs and issues of graduate students.
Tuesdays: 10:00 - 11:30 am, 4:00 - 5:30 pm Wednesdays: 4:00 - 5:30 pm
Thursdays: 3:00 - 4:30 pm
Fridays: 9:00 - 10:30 am, 1:00 - 2:30 pm

Managing Emotions: The goal of the Managing Emotions Skills Group is to learn how to change, emotional, and thinking patterns in order to decrease misery and build a life worth living. The winter quarter module will focus on emotion regulation skills, which teach students about emotions and their impact on us and others. This group will be incorporating cognitive-behavioral acceptance based approaches to help you become more socially involved. Wednesdays: 1:00 - 2:30 pm

Sexual Orientation & Gender Groups

Gender Identity Group: For students who are exploring and/or identifying as lesbian, gay, and gender nonconforming in their identity and expression. Issues explored will include challenges coming out to oneself and others, negotiating gendered environments, establishing identity-affirming relationships, coping with minority stress and gender binary norms, accessing health and social services supportive of trans-gender people, addressing issues related to the transitioning process and adjusting to a new social identity. Wednesdays 3:00 - 4:30 pm

LGBTQ+ Community Support Group: A support and skills-building group for LGBTQ and questioning students. This group will be open to students who experience unique issues to people 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

Wellness Skills Groups

Stress Reduction Group: This group is open to all students to help you reduce your stress, regulate your mood, and improve your concentration. Effective strategies focus on changing your thought patterns and building skills to better adjust to stress. The group will assist with the development of a personal stress management plan.
Mondays: 3:30 - 4:30 pm

Interpersonal Skills Group: This group is designed to help students learn how to communicate and interact effectively in relationships. The group will help you to learn more about yourself, and how to relate to others.
Mondays: 3:30 - 4:30 pm

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.

Finding Focus: Need help with concentration problems? ADHD and other academic difficulties? This group will help you 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. Wednesdays (Grad Section): 12:00 - 1:30 pm Thursdays: 1:00 - 2:30 pm

Overcoming Procrastination: If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved through this structured and supportive group. Learn and practice specific skills to create realistic goals, manage time better and increase productivity.
Mondays: 10:00 - 11:30 am

Mind/Body Groups

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 mindful pressure in daily living practices for every day life.
Thursdays: 3:30 - 5:00 pm

Keep Your Calm: For people who have completed a previous anxiety group (Breaking Free from Anxiety, Overcoming Social Anxiety, or Living Free of OCD). Members will discuss the process of developing and practicing strategies to challenge emotions and avoid anxiety. This group will be an continuing emotional support and mindfulness practice within group and identifying opportunities to apply skills outside group. Mondays: 3:30 - 5:00 pm

Overcoming Social Anxiety: This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills-based group uses cognitive-behavioral acceptance based approaches to help you become more socially involved. Wednesdays: 1:00 - 2:30 pm

Community-Focused Groups

Underscholars Undergraduate Group: This group focuses on helping students who are coping with challenges related to immigration status. Issues addressed include: coming out to others; stress related to financial barriers, immigration status and under-representation on campus; accessing health and social services; issues related to transitions upon graduation.
Wednesdays: 2:00 - 3:30 pm Location: Suite 823 in Brain Resource Center

Interested in Signing Up for a CAPS Group?

Please have your clinician sign you up to a group. If you do not have a clinician, please come in for a brief screening on Monday - Friday from 9:00 am - 4:00 pm.