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 Lu Valle Commons, Room B-01.

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

Coping through the Quarter

Three-service wellness groups offer support and 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 6-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.

International Student Support Program (ISSP)

Provides 24/7 student accommodation 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 open 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.myssp.com or Dial 1-866-743-7732 if calling from North America or dial 001-416-380-6378 if calling from outside North America.

The Counseling Center

Counseling & Psychological Services
A Department of Student Affairs

The Counseling Center

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

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

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 at (310) 825-0768

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 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 Prevention training for ALL STUDENTS, STAFF and TAs on 01/29/19 from 1:00 pm to 2:00 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 training reservations only.

Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may have similar offers to the request. For colleges, please contact your clinic specialist using the Patient Portal on the CAPS web site.

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

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

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: stand@mednet.ucla.edu

Got Feedback?

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

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Academic Success Groups

Disability Services Group:
Are you a graduate student wanting a safe and supported environment to talk about strategies regarding the Thesis or Dissertation writing process? Topics discussed include: understanding stress,ischen, blockages, perfectionism, time management, confidence issues and conflicts with peers and professors.
Tuesdays: 2:00 - 3:30 pm

WINTER 2019 Therapy Group Offerings
Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to Students with SHIP Only.

Community-Based Groups:
Connecting Our Coffee Support Group for International Students:
Studying alone even though you have family and friends are far away. Join us and connect over coffee and tea to talk about your experiences, transitional challenges and learn from other students to build your social support. This is a very good group to connect with other international students who share your concerns, and to explore ways to enhance your experience at UCLA.
Fridays: 12:00 - 1:00 pm

Mindfulness Group:
A group for students who are looking to alter use habits, and taking steps to manage stress and anxiety. This group offers a safe space to share, discuss, and learn about one’s strengths.
Thursdays: 10:00 - 11:30 am

Confiar (to trust) is a support group where Latinx students can develop healthy eating habits and enhance their self-esteem. The group is designed to help students improve their academic strengths.

Composting Your Inner Critic:
This group is for students who want to learn how to practice self-compassion as an alternative method to connecting with other students who share your concerns, and to explore ways to enhance your experience at UCLA.
Fridays: 9:00 - 10:30 am

Monday: 1:00 - 2:30 pm

Location: Suite B52 in Bruin Resource Center

Disordered Eating Group:
Do you struggle with eating disorders and related issues? This group provides the opportunity to learn more about eating disorders, develop healthy eating behaviors, and improve social functioning. This group is designed to help students who are struggling with disordered eating.

Disordered Eating B:
Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help students understand the connections among disordered eating and relationships, weights and shape concerns, situational triggers and personal experiences.
Mondays: 9:30 - 11:00 am

Disordered Eating II:
This follow-up group is open to students who are committed to continuing emotional exposures and mindful practice within group and identifying opportunities to apply these skills outside group.
Wednesdays: 2:00 - 3:30 pm

Mindful Pathways to Wellness:
This 3-session skills-based group is for students who are coping with challenges related to stress, anxiety, and depression. Topics will include mindfulness meditation, stress reduction techniques, and guided imagery.

Mind/Body Groups

Anxiety Groups

Break Free from Anxiety:
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, healthy anxiety, worry, or panic? This structured skills group uses cognitive-behavioral and acceptance based strategies to help break the cycle of anxiety.
Mondays: 10:30 - 12:00 pm
Thursdays: 1:00 - 2:30 pm
Fridays: 8:30 - 10:00 am

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 and self-compassion practices for every day life.
Thursdays: 3:30 - 5:00 pm

Keep Your Calm:
A fun group for students who completed a previous anxiety group (Break Free from Anxiety. Overcoming Social Anxiety, or Living Free of OCD). Members will continue the process of developing skills and strategies to challenge emotion driven and avoidance behaviors. Focus will be on continuing emotional exposures and mindful practice within group and identifying opportunities to apply these skills outside group.
Mondays: 3:00 - 5:00 pm

Overcoming Social Anxiety:
This group helps students overcome anxiety in a variety of social situations, including challenges when meeting new people, going to parties, and being in a variety of social situations, including speaking in front of others.

Wednesdays: 2:00 - 3:30 pm

Gender Identity Group:
For students who are exploring and/or identify as trans-gender, gender fluid, and gender non-conforming. This group will provide an opportunity to discuss identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing social boundaries, developing support systems and coping with minority stress and gender binary norms, accessing health and social services, and identifying opportunities to apply these skills outside our group.
Wednesdays: 3:00 - 4:30 pm

Interpersonal Process Group:
This is an interactive group for identified students who are interested in deepening their understanding of themselves while navigating interpersonal relationships. Topics will be determined by the needs of the group and may include interpersonal interactions, impacts of social stigma, barriers to connection and social skills.
Tuesdays: 4:00 - 5:30 pm

Student of Color Group

Black and Brown:
A group for “Black Brains” and any other students interested in promoting a sense of community with diverse students of African descent on the UCLA campus. This also includes students of mixed ethnic backgrounds, first gen, and influence from the african american culture.
Mondays: 3:00 - 4:30 pm
Fridays: 1:00 - 2:30 pm

LGBTQ Interpersonal Process Group:
This interactive group is for identified students who are interested in deepening their understanding of themselves while navigating interpersonal relationships. Topics will be determined by the needs of the group and may include interpersonal interactions, impacts of social stigma, barriers to connection and social skills.
Tuesdays: 4:00 - 5:30 pm

Recovering From Depression:
Are you feeling overwhelmed by academic and personal issues? This group will help you learn about anxiety and depression. This group will provide the opportunity to learn about anxiety and depression.
Mondays: 3:00 - 4:30 pm
Thursdays: 9:00 - 10:30 am

Mind/Body Pathways to Wellness:
This group is designed to help students who are struggling with disordered eating.

Mind/Body Groups

Anxiety Groups

Break the Cycle of Anxiety:
Are you feeling overwhelmed by academic and personal issues? This group will help you learn about anxiety and depression. This group will provide the opportunity to learn about anxiety and depression.
Mondays: 3:00 - 4:30 pm
Thursdays: 9:00 - 10:30 am

Confidential Support Group:
A support group where Latinx students can discuss and share issues that are relevant to their educational success and challenges in the context of their cultural and personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.
Fridays: 12:30 - 2:00 pm

Gratitude Group:
This group provides opportunities for sharing personal gratitude and recording messages of appreciation.
Wednesdays: 2:00 - 3:00 pm

Interpersonal Process Group

Confidential Support Group:
A support group where Latinx students can discuss and share issues that are relevant to their educational success and challenges in the context of their cultural and personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.
Fridays: 12:30 - 2:00 pm

Survivors of Sexual Trauma 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 and strength through the process of understanding trauma. This group will help survivors to share their experiences at their own pace.
Thursdays: 10:00 - 11:30 am

Health, Healing, Hope

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 - Friday from 9:00 am - 4:00 pm.

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