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 11/04/2020 1:00 - 3:00 pm & 11/10/2020 3:00 - 5:00 pm. RSVP required.

Virtual Mindfulness Drop-ins

Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop in sessions throughout the Fall quarter. For more information: www.uclahealth.org/marc

Satellite Clinics
"please contact CAPS at (310) 825-0768 for more information about our satellite clinics"

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

Athletics:
Monday - Friday 8:00 am - 5:00 pm
Request to schedule a time to speak with Anthony Chambers, LMFT or request an athletics brief screening appointment.

Behavioral Wellness Center:
Monday - Thursday 8:00 am - 6:00 pm, Fridays 8:00 am - 5:00 pm
School of Engineering
Wednesdays 10:00 am - 12:00 pm, Thursdays 2:00 - 4:00 pm "weeks 5-10 only"

School of Management:
Monday - Wednesday 10:00 am - 1:00 pm

Virtual Drop-in Hours

As a temporary alternative to our regular drop in consultations, our CAPS Virtual Drop-in Hours will provide free, confidential, brief support or mental health screenings for students. During this visit, a specialized counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling, and other services. To schedule a drop in session, call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.

Starting Week 3

Undocumented Students Program:
• Tuesdays 9:00 am - 11:00 am with Ellie Hernandez, Ph.D.
• Tuesdays 11:00 am - 12:00 pm with Diane Gallo, Psy.D

LGBTQ Community Resource Center:
• Wednesdays 10:00 am - 12:00 pm with Jason Tomasic, LCSW
• Thursdays 1:00 - 3:00 pm with Dee Chapellear, Ph.D.

Dashew Center for International Students and Scholars:
• Wednesdays 2:00 - 4:00 pm with Shannon Yong, Ph.D.

Transfer Student Center:
• Wednesdays 3:00 - 5:00 pm with Kristi Graham, Ph.D.

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

Eligibility
All registered UCLA students are eligible for same day clinical consultation, help with the coordination of mental health care and support, as well as referral and treatment recommendations, regardless of insurance plan or current residence.

Students In-State: Students residing in California are eligible for a brief screen assessment, short term individual therapy, group therapy services at CAPS, when clinically appropriate. Students with UCSHIP are also eligible for psychiatry services when clinically appropriate.

Out of State Students: Due to state law and California Board of Psychology and Board of Behavioral Services restrictions, students outside of California are eligible only for clinical coordination and referral to a provider in their local area based on student insurance plans.

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.

Groups Offered through LiveHealth
Please be advised that in response to protective measures of social distancing for the COVID-19 virus, all Fall quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPAA privacy guidelines. Students should arrange to be in a place that affords them privacy during the group session. Group leaders will be sending out instructions for how to log into the group meeting through a secure message that can be accessed through the Aske Health Portal.

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. Check out their Virtual Rise Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at risecenter.ucla.edu.

LiveHealth Online
LiveHealth Online enables you to see a Licensed Therapist or Psychiatrist through your phone, tablet or computer with internet access. It is available 24 hours a day on weekdays, weekends and campus holidays. Login codes are available from CAPS to cover any out of pocket costs so that these services are free to UCLA students. We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, please call the CAPS front desk at (310) 825-0768. Please note that students who have UCSHIP do not need to use any codes to receive all mental health services free of charge. Access LiveHealth Online at www.livethealthonline.com

Therapy Assisted Online (TAO)
TAO is a self-help platform built to support student educational and skill development needs in areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support and education for common issues such as: improving mood, calming anxiety, managing stress, and improving relationships. It is free for all UCLA students. https://us.taotools.org/register

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

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, writer’s blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.

Tuesdays: 9:30 - 11:00 am

Anxiety Groups

Releasing Fear From Anxiety

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

Wednesdays: 2:30 - 4:00 pm

Keeping Your Calm

For students who have completed a previous mood disorder group (Breaking Free from Anxiety, Overcoming Social Anxiety, Living Free of OCD, or Recovering from Depression). Members will continue the process of developing and practicing strategies to challenge negative thoughts and behaviors. Focus will be on continuing emotional exposures and mindfulness practice within group and identifying opportunities to apply these skills outside 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 groups, initiating and maintaining relationships, find effective ways to connect and interact with others.

Graduate students will have opportunities to discuss issues that are relevant to their educational success and the context of their personal and cultural experiences.

Tuesdays: 9:00 - 10:30 am

Interpersonal Process Group

Grad Students Therapy Group:

Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future while struggling to balance their lives.

Tuesdays: 9:00 - 10:30 am

Wednesday: 1:00 - 2:30 pm

Additional times may be available

Relationships Group for Undergraduate Students:

For students who want to deepen self-understanding and relationships. This group will help you search for a meaningful interpersonal relationships, find effective ways to connect and communicate with others, and understand what may be preventing you from achieving these goals.

Tuesdays: 9:00 - 10:30 am

Dissertation Writing Group

(Final Grad 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, writer’s blocks, perfectionism, time management, confidence issues and conflicts with peers and professors. 

Tuesdays: 9:30 - 11:00 am

Mind/Body Groups

Being in the Moment:

Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with this intensive 7 week group that will train you in the nuances of mindfulness. Group sessions will involve walking in sitting, walking and eating meditation and will help you to develop a daily mindfulness practice.

Wednesdays: 2:00 - 3:30 pm

Compassion for Your Inner Critic:

Is your tendency to criticize or judge yourself impacting your academic and personal life? 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 skills to increase self-compassion and self-compassion practices for every day life.

Thursdays: 10:30 am - 12:00 pm

Mood Groups

Recovering From Depression:

Have you lost interest in things you used to enjoy and have a persistent feeling of hopelessness or worthlessness? This group is offered to all Bruins who are struggling with the loss of a significant person in their lives. The group process assists participants to share, receive support and honor the unique grief process.

Tuesdays: 2:00 - 3:30 pm

Grief Groups

Bruins Living with Loss and Grief

Join other Bruins in a space of healing and compassion to share, support and connect.

Tuesdays: 9:00 - 10:30 am

Wednesdays: 1:00 - 2:30 pm

Sexual Orientation & Gender Groups: Gender Identity Spectrum Group:

For students who are exploring and/or identify as trans-gender, gender fluid, and gender non-conforming in their identity and expression. Issues to be addressed include: challenges coming out to oneself and others; negotiating gendered environments, establishing identity-affirming relationships, coping with minority gender and sex bias gender norms, accessing health and social services supportive of trans-gender people; addressing issues related to the transitioning process and adjustment to a new social identity.

Fridays: 1:00 - 2:30 pm

Opening up to All Students (SHIP & Non-SHIP): Active Healing:

This group is designed for individuals who have developed the habit of being hard on themselves (e.g., related 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: 1:00 - 2:00 pm

Community-Focused Groups

Fist Bump: A Gathering of Men:

This is a support group for men. It is a support group for men who want to talk candidly about their lives. It is also a space where they can receive help to be their best selves and to be encouraged to increase awareness, develop a support system and help each other respond to today’s world.

Fridays: 8:00 - 9:30 am

Disordered Eating Groups

Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help members understand the complexities among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors. Grad students are encouraged to attend.

Thursdays: 10:00 - 11:30 am

Disordered Eating II:

This follow-up group is open to students who are committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Thursdays: 9:00 - 10:30 am

Confiar Support Group:

Confiar (to trust) is a support group where Latinx students can discuss and share issues that are relevant to them and others of similar origin. The group aims to: help students learn strategies to modify both personal factors and connect and interact with the Asian American community, improving self awareness, and encouraging curiosity and creativity.

Thursdays: 1:00 - 2:30 pm

Asian American Community Support Group:

A group for students of Asian descent to empower oneself and connect with the Asian American community. Students will discuss their shared and unique experiences in navigating their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interests; body image; family and relationships; cultural foods and traditions.

Thursdays: 12:30 - 2:00 pm

Black and Bruin:

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 group also includes students of mixed ethnic background, LGBTQ, first generation, former foster youth, international students, as well as students of varying ability, students of varying faiths, atheist and students interested in economically disadvantaged and advantaged backgrounds. The group focuses on building a sense of community, improving self awareness, and encouraging curiosity and creativity.

Thursdays: 1:00 - 2:30 pm

Finding Focus:

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 tools to create realistic goals, manage time better and increase productivity.

Mondays: 1:00 - 2:00 pm

Anxiety Groups

Break the Cycle of Anxiety:

Are you feeling overwhelmed by academic pressures and other stressful circumstances? This 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.

Wednesdays: 1:00 - 2:00 pm

Coping with Anxiety in the Time of COVID:

This is a brief 3 session group that provides structured skills to cope more adaptively with COVID anxiety.

Wednesdays: 10:00 - 11:00 am

Wellness Skills Groups

Wellness Skills Group: 3 weeks long and require students to sign up at the Front Desk.

Open to students with and without SHIP.

Finding Focus:

Need help withconcaten 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 stress and social and campus support to improve college success.

Wednesdays: 1:00 - 3:00 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 tools to create realistic goals, manage time better and increase productivity.

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Interested in Signing Up for a CAS Group?

Let your counselor know so they can refer you to the group. If you do not have a counselor, please call for a brief screening Monday - Thursday from 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm.

The “tire the queue may close early due to high demand.”

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