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.

Assisting Distressed & Distressing Students

Faculty, TAs, and staff play a critical role in a student’s university experience and are in a position to become aware of a student in distress even during remote learning. This workshop will help participants understand how to create a culture of health in their sphere of influence, what resources are available to students in distress, and how they can assist students in getting connected with them. Participants will also hear about emergency procedures regarding distressed or distressed students.

D&D for ALL STAFF and TAs will be on 10/26/2020 4:00 - 5:30 pm & 11/19/2020 12:00 - 1:30 pm RSVP required.


"CAPS Workshops and Trainings will be done virtually via Zoom." 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 but not necessarily identical missions. For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS website.

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 Ellen 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 Tomasin, LCSW
• Thursdays 1:00 - 3:00 pm with Dee Chappelar, Ph.D.

Dashew Center for International Students and Scholars:

• Mondays 2:00 - 4:00 pm with Shannon Yong, Ph.D.

Transfer Student Center:

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

The Counseling Center

Counseling & Psychological Services
A Department of Student Affairs

John Wooden Center West
Monday, Tuesday, Thursday: 8:00am-5:30pm, Wednesday: 9:00am-5:30pm (By Appointment Only after 4pm), Friday: 8:00am-5:00pm (By Appointment Only after 3pm) www.counseling.ucla.edu

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

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 Telehealth

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 HIPPA 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 in to the group meeting through a secure message that can be accessed through the Aske Patient Portal.

CARE is a safe place for survivors of sexual assault, dating and domestic violence, and/or stalking to get support, consultation, 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 awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. 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 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.

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.livehealthonline.com

Got Feedback?

Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu
FALL 2020 Virtual Therapy Group Offerings

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP.

Academic Success Groups

Dissertation Writing 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 blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.

Tuesdays: 9:30 - 11:00 am

Anxiety Groups

Break Free From Anxiety:
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attack? This structured skills group utilizes 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 (Break 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 emotional driving forces and anxiety 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 conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral acceptance based approaches to help you become more socially engaged.

Thursdays: 3:00 - 4:30 pm

Disordered Eating Groups

Disordered Eating I:
Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help members understand the connection among disordered eating and relationships, weight and shape concerns, situational triggers and personal reasons behind it.

Thursdays: 1:00 - 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

Grief Groups

Bruins Living with Loss and Grief:
Join other Bruins in a space of healing and compassion to discuss issues and challenges related to the loss of a loved one.

This group is offered to all Bruins who are struggling with the loss of a significant person in their lives. The group process is a place to share, receive support and honor the unique grief process.

Tuesdays: 2:00 - 3:30 pm

Interpersonal Process Group

Grad Students Therapy Group:
Many graduate students express feelings of isolation and loneliness when they devolve their energy to securing 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: 9:00 - 10:30 am

Wednesdays: 1:00 - 2:30 pm

Thursdays: 9:00 - 10:30 am

Fridays: 9:00 - 10:30 am, 1:00 - 2:30 pm & 2:00 - 3:30 pm

*Additional times may be available

Relationships Group for Undergraduate Students:
For students who want to deepen self, understand the dynamics of relationships. This group will help you search for 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

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 art of mindful awareness. Group sessions will involve training in sitting, walking and eating meditation and will help you to develop a daily mindfulness practice.

Wednesdays: 2:00 - 3:30 pm

Emotions of Color Group:
Asian American Community Support Group: A group for students of Asian decent 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 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 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 who are 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

Confin Support Group:
Confid (to trust) is a support group where Latinx students can discuss and share issues that are relevant to their educational success and well-being, as well as improving functioning and quality of life.

Thursdays: 3:30 - 4:30 pm

Mind/Body Groups

Sexual Orientation & Gender Groups: Gender Identity Spectrum Group:
For clients who are exploring and/or identify as trans, gender fluid, and gender nonconforming 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 stress and gender binary stereotypes, 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: 10:00 - 11:30 am

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 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 connectedness, empowerment. CBT techniques will also be used to support the healing process.

Tuesdays: 9:00 - 10:30 am

Wellness Skills Groups

Wellness Skills Group: Wellness Skills Group meets for 3 weeks long and requires 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 and study strategies 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 in your social and campus support to improve college success.

Wednesdays: 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, 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

Interpersonal Groups

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: 1:00 - 11:00 am

Interested in Signing Up for a CAPS Group?
Let your counselors 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 triage queue may close early due to high demand.*

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