**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.

*weeks 5-10 only*

Suicide Safe training for ALL STUDENTS, STAFF and TAs will be:
- 01/14/20 4:00 - 5:30 pm
- 01/27/20 5:00 - 6:30 pm
- 02/19/20 11:00 am - 1:00 pm

**Distressed & Disturbing**

Designed for student leaders, staff, and faculty, our “Distressed & Disturbing” (D&D) trainings offer guidance to assist in recognizing the differences between students in distress and those who are distressing. These trainings are designed to equip participants with knowledge on when to consult, report, and assist in identifying distressed and disturbing students. Presentations are approximately 90 minutes.

D&D for ALL STAFF and TAs will be on:
- 01/14/20 4:00 - 5:30 pm
- 01/27/20 5:00 - 6:30 pm
- 02/19/20 11:00 am - 1:00 pm in the CAPS Large Conference Room - RSVP required.

Reserve your space 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 offerings to the request. For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS website.

**Drop-In Support Services**

**LGBT Center:** SAC B36
- Mondays & Thursdays 1:00 - 3:00 pm
- (310) 206-2960

**Transfer Student Center:** Kerckhoff Hall 128
- Wednesdays 3:00 - 5:00 pm
- (310) 206-3552

**Undocumented Students:** BSU in the Bruin Resource Center
- Wednesdays 12:00 - 3:00 pm
- (310) 206-2980

Consultations are:
- Free for all UCLA students
- Confidential
- Offered first come, first serve (no appointment necessary)
- Informal (not intended to be a substitute for traditional counseling)

**Satellite Clinics on Campus**

Please contact CAPS at (310) 825-6768 for more information about our satellite clinics

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

**Athletics:**
- Acosta Consultation Room 114-C
- Mondays, Tuesdays, & Thursdays 8:00 am - 5:00 pm

**Behavioral Wellness Center:**
- CHS Room 17-233L
- Monday - Thursday 8:00 am - 6:00 pm
- Friday 8:00 am - 5:00 pm
- (310) 794-0001

**School of Engineering:**
- Boelter Hall 628B-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

**Make an Appointment**

Appointments can be made in person or over the phone. To have your initial assessment, please visit us in person between 9:00am and 4:00pm Mondays-Thursdays, and 9:00am - 3:00pm on Fridays.

The triage queue may close early due to high demand.

**Eligibility**

All registered UCLA students are eligible to receive up to 3 sessions of individual psychotherapy per academic year with 3 additional sessions in the summer. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed. Students are also eligible for Wellness Skills Group treatment and limited emergency psychiatry treatment by a therapist referral.

**Students without SHIP Insurance:**
Please visit our website for a comprehensive list of fees.

**Students with SHIP Insurance:**
- Are eligible to receive an additional 3 sessions per academic year.
- Additionally, they are eligible for psychiatry, therapy group treatment, clinical coordination and referral to Behavioral Health Services (BHS) as clinically indicated.
- Treatment may be extended to manage higher severity needs.

**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.

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

**Mindfulness Drop-Ins**

Stop by CAPS Tuesdays from 3:15 - 3:45 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**

24 hours a day, 7 days a week (310) 825-0768

**Drop by CAPS Tuesdays from 3:15 - 3:45 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.**

**TAO**

TAO is a self-help platform built to support student educational and skill development needs in the 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.

For more information and programming dates, email admin@careprogram.ucla.edu. CARE Advocates provide navigation, support, and resources to the survivors of sexual assault, dating and domestic violence, and stalking. To make an appointment with a CARE Advocate, call 310-206-2465 or email care@careprogram.ucla.edu. For more information on resources and support, visit: www.careprogram.ucla.edu.
**Academic Success Groups**

**Writing Center** (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, writer’s block, perfectionism, time management, confidence and dealing with conflicts and peers. 

**Academic Success Groups**

**Pathways to Wellness**

**Family Focus**
Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand the best methods to maintain concentration, retention and memory; improve academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.

**Wellness Skills Groups**
Wellness Skills Group are 3 weeks long and require students to sign up at the front desk. Open to students with and without SHIP.

**Academic Success Groups**

**Pathways to Wellness**

**MindBody Groups**

**Open to All Students (SHIP & Non-SHIP)**

**MindBody Groups**

**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 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