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 1/26/2021 3:00 - 5:00 pm and 2/10/2021 10:00 am - 12:00 pm. RSVP is 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 connect a student in distress even during remote learning. This workshop will help participants understand how to create a culture of 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 distressing students.

D&D for ALL STAFF and TAs will be on 1/21/2021 12:00 - 1:30 pm and 2/1/2021 4:00 - 5:30 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

- Mondays - 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

- 5 weeks 5-10 only.

School of Law:

- Monday - Wednesday 10:00 am - 1:00 pm

- School of Engineering: 10:00 am - 12:00 pm, Thursdays 2:00 - 4:00 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 on 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 1

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 Tomasi, LCSW
- Thursdays 1:00 - 3:00 pm with Dee Chadpeal, Ph.D.

Got Feedback?

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

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 psychiatric 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.

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 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, counseling.ucla.edu/tao

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

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year with 4 additional sessions for those with UCSHIP or as clinically indicated. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed.

Confidentiality

Our services are confidential, and 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 Winter 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 Zoom meeting through a secure message that can be accessed through the Ashe Patient Portal.

My Student Support Program (My SSP)

A new service to support the emotional health and wellbeing of our international students, called My Student Support Program (My SSP). If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak to someone, My SSP can help! Check out the My SSP app or visit counseling.ucla.edu/issp for more information.
Academic Success Groups
Dissertation Writing Workshop (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
Breaking Free From Anxiety:
Are you coping with any of the 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.
Thursdays: 2:00 - 3:30 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 drives and avoidance 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, being in large groups, maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral and acceptance based approaches to help you become more socially involved.
Fridays: 2:00 - 3:30 pm

Community-Focused Groups
A Gathering of Me:
This group is open to undergraduate and graduate students. It is a support group for men who want to talk candidly about their lives. It is also a place where others can receive help to be their best selves and to be encouraged to achieve awareness, develop a support system and help each other respond to today’s world.
Fridays: 8:00 - 9:30 am

Disordered Eating Groups
Body Image Group:
This group uses a Health at Every Size (HAES) approach to help participants understand their body image and use skills to combat fat talk, body policing, and negative body thought patterns. The group is open to undergraduate and graduate students of all gender expressions and identities.
Tuesdays: 9:00 - 10:30 am

Disordered Eating I:
Developing a life that includes a healthy lifestyle, challenging deceptive behaviors and enhancing relationships. This group is designed to help members reduce their impulsive or addictive behaviors and enhance their connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.
Thursdays: 9:00 - 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 relating skills. Members enhance their skills for creating a healthier lifestyle, challenging deceptive behaviors and improving relationships.
Thursdays: 9:00 - 10:30 am

Grief Groups
Joining Grief with Loss and Grief:
Join other Bruins in a space of healing and compassionate care. This group is offered to all Bruins who are struggling with the loss of a significant person in their lives. The group provides a space to share, receive support and honor the unique grief process.
Thursdays: 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 time to securing their future while striving 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.
Mondays: 3:00 - 4:30 pm
Tuesdays: 9:00 - 10:30 am
Thursdays: 10:30 am - 12:00 pm
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:
Students who want to deepen self-understanding and relationship skills. 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.
Thursdays: 3:00 - 4:30 pm

Mind/Body Groups
Being in the Moment:
Learn how to reduce your stress, regulate your concentration, and enhance your mental and physical health with this intensive 7 week group that will train you in the ancient practice of Mindfulness meditation. Group sessions involve training 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 life and relationships? This group will help you to: understand the function and purpose of your inner critic, learn how to develop self-compassion and self-acceptance and improve your relationships with others.
Thursdays: 10:00 - 11:30 am

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 racial background.
Fridays: 11:00 am - 12:30 pm

Anxiety Groups
Overcoming Social Anxiety:
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 help you take realistic goals, manage time better and increase productivity.
Thursdays: 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.
Tuesdays: 1:00 - 2:00 pm

Anxiety Groups
Coping with Anxiety in the Time of COVID-19:
This is a 3 session workshop group that provides structured skills to cope more adaptively with COVID-19 anxiety.
Wednesdays: 10:00 - 11:00 am

Wellness Skills Groups
Wellness Skills Group:
This 3 session group runs 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 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 and social campus support to improve college success.
Wednesdays: 2:30 - 4:00 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 help you take realistic goals, manage time better and increase productivity.
Thursdays: 1:00 - 2:00 pm

Interpersonal Effectiveness Skills:
Getting What You Want:
Interpersonal Effectiveness Skills:
Do you struggle with asserting yourself in relationships, interpersonal problem-solving, or feeling good about yourself after interactions with others? This 3 session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.
Tuesdays: 1:00 - 2:00 pm

Mind/Body Groups
Active Healing:
A 6-week group process focused on being physically active, managing stress and staying connected. This group aims to help participants: relieve stress, increase awareness, build social support, and improve confidence.
Mondays: 3:30 - 5:00 pm

Wellness Skills Groups
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This 3 session group runs for 3 weeks long and requires students to sign up at the Front Desk. Open to students with and without SHIP.

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Wednesdays: 10:00 - 11:00 am

Interested in Signing Up for a CAPS Group?
Let your counselor know so they can refer you to the appropriate group.
If you do not have a counselor, please call for a brief screening.
Monday - Thursday from 9:00 am - 4:00 pm
Call 825-0768 ext. 7510
*The triage queue may close early due to high demand.*

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