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
*p lease 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: *weeks 5-10 only* Wednesdays 10:00 am – 12:00 pm, Thursdays 2:00 – 4:00 pm

School of Law: 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 starting week 3. 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.

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 Tomasian, LCSW
• Thursdays 1:00 - 3 pm with Dee Chappelkar, Ph.D.

Dashew Center for International Students and Scholars:

• Wednesdays 2:00 - 4:00 pm with Shannen Vong, Ph.D.

Transfer Student Center:

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

Got Feedback? Your feedback is important to us. Send us your comments and suggestions via feedback@caps.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 Resilience Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at rescenter.ucla.edu

LiveHealth Online

LiveHealth Online enables you to see a Licensed Therapist or Psychiatrist through a computer or a smartphone. 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

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

Make an Appointment

Appointments can be made over the phone. To make your initial appointment, please call us between 9:00 am - 10:00 am Mondays - Thursdays and 9:00 am - 3:00 pm on 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 Winter quarter groups at CAPS will be offered though 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 Aztec Patient Portal.
**Academic Success Groups**

**Dissertation Writing Group** *(For Graduate Students)*

Are you a graduate student wanting a safe and supportive place to discuss the challenges regarding the Thesis or Dissertation writing process? Topics discussed include procrastination, writers block, perfectionism, time management, work-life balance, and conflicts with peers and professors.

Tuesdays: 9:30 - 11:00 am

**Anxiety Groups**

**Breaking Free From Anxiety:**

Are you coping with anxiety including chronic worry,社交 anxiety, obsessive thoughts, health related worry, or panic attacks? This group utilizes cognitive-behavioral and acceptance based strategies to help break the cycle of avoidance behaviors. Focus will be on continuing emotional exposures and social practice without the need for identifying opportunities to apply these skills outside group.

Thursdays: 1:00 - 2:30 pm

**Keeping 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 thought driven and avoidance behaviors. Focus will be on continuing emotional exposures and social practice without the need for identifying opportunities to apply these skills outside group.

Thursdays: 10:00 - 11:30 am

**Overcoming Social Anxiety:**

This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining friendships, meeting new people, and attending parties, and being assertive. This structured skills group utilizes cognitive-behavioral and acceptance based approaches to help you become more socially involved.

Tuesdays: 10:00 - 11:30 am

**Community-Focused Groups**

**First Bump: A Gathering of Men:**

This group is open to undergraduate and graduate 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 be encouraged to develop healthy coping strategies to help prevent development of mental illness and help each other respond to today’s world.

Fridays: 8:00 - 9:30 am

**Crisis Counseling Available by phone**

(310) 825-0768 24 hours

www.counseling.ucla.edu

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**Wellness Skills Groups**

**Wellness Skills Group:**

This group is for female identified survivors of sexual assault/sexual abuse. This group will emphasize building a sense of safety to the process of understanding its impact on 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 a greater sense of control and empowerment. EMDR techniques will also be used to support the healing process.

Tuesdays: 9:00 - 10:30 am

Wednesdays: 1:00 - 2:30 pm