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

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

Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access

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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 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 and 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 screening 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 Ave Patient 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 use 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
Virtual Therapy Group Offerings

**Academic Success Groups**

- **Therapy Group for Graduate Students**
  - Tuesdays: 9:00 - 10:30 am
  - For students who want to deepen self-understanding and relationship skills. This group will help you see your meaningful interpersonal relationships, gain a new way to approach and communicate with others, and understand what you are doing to prevent you from achieving these goals.
  - Thursdays: 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 ancient practice of meditation. Group sessions will involve training in sitting, walking, and meditation and will help you develop a daily meditation practice.
    - Wednesdays: 1:00 - 2:30 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 identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will develop skills for connecting with others and apply these skills to real-life situations.
    - Thursdays: 10:00 - 11:30 am

- **Sleep Groups**
  - **Overcoming Procrastination:**
    - Learn to develop mindfulness, self-compassion, and other skills to help you achieve academic, social, and emotional well-being.
    - Fridays: 2:30 - 4:00 pm

- **Group Skills**
  - **Survivors of Sexual Trauma Support Group**
    - Open to All Students (SHIP & Non-SHIP)
    - Active Healing:
      - This group is for female survivors of sexual assault.
    - Thursdays: 10:00 - 11:00 am

**Wellness Skills Groups**

- **Finding Focus:**
  - Need help with concentration problems? ADHD and practicing academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; develop stress management skills; decrease test anxiety; and learn how to practice self-compassion and relaxation techniques.
  - Fridays: 2:30 - 4:00 pm

- **Gathered Minds:**
  - Learn new strategies and techniques to enhance your ability to focus and perform your best in class and on exams.
  - Fridays: 2:30 - 4:00 pm

- **Mindfulness Meditation:**
  - This group is designed to introduce participants to the practice of mindfulness meditation and support them in developing a regular meditation practice.
  - Fridays: 8:00 - 9:30 am

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**Anxiety Groups**

- **Breaking Free From Anxiety**
  - Do you cope with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured group utilizes cognitive-behavioral acceptance and mindfulness based strategies to help break the cycle of anxiety.
  - Fridays: 10:00 - 11:30 am

- **Keep 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 to practice the process of developing and practicing strategies to challenge emotion driven and avoidance behaviors. Focus will be on continuing emotional exposures and mindfulness practice within group and identifying opportunities to practice these skills outside of the 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 group utilizes cognitive-behavioral acceptance based approaches to help you become more socially involved.

- Tuesdays: 10:00 - 11:30 am

**Community-Focused Groups**

- **Fight Club:**
  - A gathering of men who want to talk candidly about their lives. It is a support group for men who want to talk candidly about their lives.
  - Fridays: 8:00 - 9:30 am

**Crisis Counseling available by phone**

- (310) 825-0768 24 hours

**www.counseling.ucla.edu**

**SPRING 2021**