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

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.

Behavoral 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

Workshops & Trainings

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. Suicide Safe training for ALL STUDENTS, STAFF and TAs will be on 4/22/21 3:00 - 5:00 pm & 5/21 10:00 am - 12:00 pm RSVP required.

Assisting Distressed & Distracting 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 distracting students.

DAF for ALL STAFF and TAs will be on 4/14/21 12:00 - 1:30 pm & 4/27/21 4:00 - 5:30 pm RSVP required.

Please note: rsvp@caps.ucla.edu is meant for outreach requests and training reservations only. For any 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 solely via CAPS 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 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:

• Weekdays 10:00 am - 12:00 pm with Jason Tomasin, LCSW
• Thursdays 1:00 - 3 pm with Dee Chappellar, Ph.D.

Workshops & Trainings

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 4 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.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.

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 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 Azure Patient Portal.

UCLA Confidential Individual Counseling Group Counseling Urgent Services Psychiatric Care Sexual Assault Services 24 Hour Access Confidential Individual Counseling Group Counseling Urgent Services Psychiatric Care Sexual Assault Services 24 Hour Access
Academic Success Groups

Dissertation Writer's 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? For Graduate Students: Dissertation Writer’s Group

Dissertation, time management, confidence issues and procrastination, writer’s blocks, perfectionism, 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, 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.

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 the process of developing and practicing strategies to challenge emotion driven and avoidance behaviors. Focus will be on continuing emotional exposures and practice without the need for 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 relationships, meeting new people, and talking to parties, and being assertive. This structured skills group utilizes cognitive-behavioral acceptance based strategies to help you become more socially involved.

Tuesdays: 10:00 - 11:30 am

Community-Focused Groups

Fist Bump: A Gathering of Men:
This group is open to undergraduate and graduate men. It is a supportive 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 to be encouraged to increase awareness and effectiveness in their personal, professional, and social systems 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 a day www.counseling.ucla.edu