

UCLA

Counseling & Psychological Services

John Wooden Center West

Monday, Tuesday, Thursday: 8:00 am - 5:30 pm, Wednesday: 9:00 am - 5:30 pm, Friday: 8:00 am - 5:00 pm  
(By Appointment Only after 3pm). [www.counseling.ucla.edu](http://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 and in person. To make your initial appointment, please call us between 9:00 am - 3:00 pm Mondays - Fridays.

Eligibility

All registered UCLA students are eligible for same day clinical consultation, help with 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 triage assessment, short term individual therapy, and 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.

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, 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 most groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPAA privacy guidelines. A limited number of groups may be available in person — please ask the group leader for further information.

In accordance with the University of California nondiscrimination policy as well as federal and state antidiscrimination law, all student organization memberships, programs, activities, and events are open to all UCLA students.

RISE Center (Resilience In you Student Experience)

The RISE Center's mission is to uplift and support every Bruin's Well-Being by providing the education, resources, and tools needed to foster health, healing, and hope. As an extension of CAPS, RISE is committed to helping students build a strong foundation of resilience that includes caring for their mental wellness through daily practice.

For more information head to [risecenter.ucla.edu](http://risecenter.ucla.edu)

The USAC Therapy Fee Waiver Initiative

A big thank you to President Carl King Jr. and Qasim Farrukh from the USAC Office of the President for this amazing opportunity that allows nonSHIP students the opportunity to receive therapy sessions at reduced or no cost.

For more information, head to our website <https://ucla.in/3BcSk8X>

Drop-In Hours

CAPS Drop-In Hours provide free, confidential, brief consultations for UCLA undergraduate and graduate students. These consultations do not constitute mental health treatment. During the 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.

International Students and Scholars (start Week 3)

Wednesdays 1 - 3 pm (virtual),  
Thursdays 10 am - 12 pm (virtual)

Undocumented Student Program (start Week 1)

Mondays 10 - 11 am (virtual),  
Wednesdays 3 - 4 pm, (virtual),  
Thursdays, 1:00 - 3:00 pm (in person)

SAC/Kerckhoff (start Week 3)

Community Programs Office, Bruin Resource Center, Black Bruin Resource Center, Transfer Student Center, LGBTQ Campus Resource Center, Black Bruin Resource Center, and the Graduate Student Resource Center.

See CAPS Drop-in webpage for specific locations and times.  
<https://ucla.in/4e7f88J>

Satellite Clinics

\*please contact CAPS at (310) 825-0768 for more information about our satellite clinics\*

Anderson School of Management:

Wednesdays 9 am - 1 pm (in Person or virtual)

Athletics:

Monday - Friday 8 am - 5 pm (in person or virtual)  
Request to schedule a time to speak with Angela Ovakimyan, LMFT or request an athletics brief screening appointment.

School of Engineering:

Wednesdays 10 am - 12 pm (Virtual)  
Fridays 1 - 3 pm (In Person)  
\*weeks 5 - 10\*

Behavioral Wellness Center:

Monday - Thursday 8 am - 6 pm, Fridays 8 am - 5 pm (in person or virtual)

Bruin Guardian Scholars (BGS):

Thursdays 11 am - 1 pm (in person or virtual)

School of Law:

Mondays & Tuesdays 9 am - 1 pm (In Person or Virtual)

School of Dentistry

Tuesdays & Thursdays 4 - 6 pm (In Person or Virtual)



CARE is a safe place for survivors of sexual assault, dating and domestic violence, and/or stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. Trauma-informed yoga for survivors, as well as custom workshops and trainings on a variety of topics, are offered at CARE. To make an appointment with a CARE Advocate, call 310-206-2465 or email [advocate@careprogram.ucla.edu](mailto:advocate@careprogram.ucla.edu). For more information on resources and support, visit: [www.careprogram.ucla.edu](http://www.careprogram.ucla.edu).

UCLA

Case Management Services

Case Managers are available to assist student's struggling with mental or physical health, facing an unexpected challenge or crisis, or experiencing a personal loss. They can support students by exploring options, identifying on-campus resources, and helping students to create a plan for their next steps. Case Managers are also available to consult with and provide training for staff and faculty who would like to better support students of concern. Case Managers are key members of the Consultation and Response Team (CRT). For more information, visit: [www.studentincrisis.ucla.edu](http://www.studentincrisis.ucla.edu).



Interested in Mental Health?

Join our **Bruin Mental Health Advisory Committee (BMHAC)**! Check out our website on how to join



Any Questions?

Any general inquiries about CAPS can be sent to [info@caps.ucla.edu](mailto:info@caps.ucla.edu)



We Value Your Feedback!

To submit our online survey, please visit: <https://ucla.in/4daaaa0>

Just Launched! CORE Program

CORE (Compassionate Response) team is a new CAPS program that will provide mental health response to students in crisis on campus.

The CORE team is comprised of CAPS clinicians who can deliver behavioral health wellness checks, crisis support, and intervention services to registered UCLA students within the perimeters of the Westwood campus. The mission of the CORE program is to improve the response to students experiencing a mental health crisis by dispatching a mobile mental health counseling team, and minimizing the need for law enforcement whenever possible.

Head to [counseling.ucla.edu/core](http://counseling.ucla.edu/core) for hours and more information.





Winter 2026 Therapy Groups

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP. Call CAPS for group times.

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 writing process? Topics discussed include procrastination, writers blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.  
Mondays 4:00 - 5:30 pm  
Tuesdays 2:00 - 3:30 pm  
Wednesdays 2:00 - 3:30 pm, 4:00 - 5:30 pm  
Thursdays 2:00 - 3:30 pm (all virtual)

Anxiety Groups

**Breaking Free from Anxiety:**  
Are you coping with any form of 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 8:30 - 10:00 am (virtual)

Disordered Eating Groups

**Disordered Eating I:**  
Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help members understand the connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.  
Thursdays 3:00 - 4:30 pm (in person)

Grief Groups

**Bruins Living with Loss and Grief:**  
Join other Bruins in a space of healing and compassionate care. This group is for 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.  
Fridays 10:00 - 11:30 am (virtual)

Emotional and Interpersonal Skills Groups

**Skills Training for Emotional Balance:**  
This group helps students expand their repertoire of emotional management strategies using mindfulness and Dialectical Behavioral Therapy (DBT) distress tolerance skills while learning to effectively implement these tools in their own lives. Students also have the opportunity to connect with and support their peers as they learn with/from each other.  
Thursdays 1:00 - 2:30 pm (virtual)

Interpersonal Process Groups

**Grad Students Therapy Group:**  
Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future while struggling 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 4:00 - 5:30 pm  
Tuesdays 2:00 - 3:30 pm  
Wednesdays 1:00 - 2:30 pm (all in person)

**International Graduate Student Therapy Group:**  
International graduate students oftentimes face unique professional, personal, and immigration-related stressors that impact their emotional well-being. This group aims to help out our international graduate students to feel connected, supported, and empowered.  
Wednesdays 3:00 - 4:30 pm (in person)

**Undergrad Relationships Group:**  
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.  
Mondays 1:00 - 2:30 pm (in person)  
Fridays 9:00 - 10:30 am (virtual)

Mind/Body Groups

**Compassion for Your Inner Critic:**  
Is your tendency to criticize or judge yourself impacting your academic life/relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk.  
Mondays 3:00 - 4:30 pm (virtual)

Sexual Orientation & Gender Groups

**Gender Identity Spectrum Group:**  
For any student who is interested in learning more about various gender diverse identities, exploring their own and/or identify as transfer, gender fluid, gender diverse, and gender nonconforming in their identity and expression.  
Wednesdays 2:00 - 3:30 pm (in person)

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

Student of Color Groups

**Asian American Community Support Group:**  
A group for students of Asian descent to empower oneself and connect with the Asian American community. Students will discuss their shared and unique experiences in navigating their identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and relationships; cultural foods and traditions.  
Tuesdays 1:00 - 2:30 pm (virtual)

**Confiar Latinx Group:**  
Confiar (to trust) is a drop-in support group where Latinx students can discuss and share issues that are relevant to their educational successes and challenges. Topics include: navigating cultural contexts, family relationships, navigating higher education, identity, discrimination, imposter syndrome, mental health stigma, and empowerment.  
\*Call CAPS for drop-in group time

**Graduate Students of Color Group:**  
Racial and ethnic minority communities of color suffer disproportionately due to various unique stressors. However, our narrative is not a tragic one. Although we face adversities, we also demonstrate a unique resilience including resistance to oppression, pride and excellence. This group is designed to increase awareness and personal responsibility within a supportive and brave social context of respect and empowerment.  
\*Call CAPS for group time

Survivors of Sexual Trauma Groups

**Healing 101: Trauma Skills Group:**  
This group is designed to help members increase knowledge about trauma and recovery, one's sense of safety in their body, and gain support, and connection through coming together with other students who have similar experiences. The group will be focused on providing skills, support, and information rather than trauma-processing.  
Mondays 1:00 - 2:30 pm (in person)

Hey, are you following us on Instagram?  
@uclacaps

Read Yesterday

Undocuscholars Support Group:

This in-person drop-in is designed to be an as-needed support group for undocumented students. Students do not need a referral, be in treatment at CAPS, or commit to every session. This support group will provide students the opportunity to gain support, connect with community, and gain additional resources. Some of the topics and resources discussed in this group include:

- Academic self-care
- Dating while undocumented
- Financial barriers
- Sociopolitical climate
- Acculturative stress

- Navigating immigration-related concerns
- Navigating disclosures
- Finding balance amidst competing priorities
- Activism burnout

Location: USP Office in Student Activity Center, Suite B52  
\*Call CAPS for more information\*

Wellness Skills Groups

Wellness Skills Group are generally 3 weeks long; please call CAPS Front Desk to enroll. 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, social and campus support to improve college success.  
Thursdays 1:00 - 2:30 pm  
Fridays 10:00 - 11:30 am (both in person)

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 create realistic goals, manage time better and increase productivity.  
Fridays 11:00 am - 12:00 pm (virtual)

Mind/Body Groups  
Taming Your Inner Critic:  
This group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional difficulties) and realize it is not working the way they hoped. It aims to: help students identify their inner critic; understand the function and outcome of self-criticism; and practice non-judgmental responses and self-compassion as an alternative method of self-talk.  
Mondays 11:00 am - 12:00 pm (in person)

Relational Groups

Break Up Recovery:  
If you've experienced a breakup, come learn how to move forward effectively. Students will learn how to make meaning of the breakup, consider their attachment style, evaluate compatibility, and identify their relationship goals.  
Wednesdays 4:00 - 5:00 pm (in person)

Date Better:  
This group will introduce you to the latest relationship science, help you identify your attachment and dating style, and teach you the skills everyone needs to improve if they want to meet their dating goals. Students will be able to: create/improve their dating app profile and learn communication skills to foster a genuine emotional connection.  
Tuesdays 2:00 - 3:00 pm (in person)

Date Better Check In:  
A monthly dating consultation group for students who completed Date Better. Students will be able to reflect on their ongoing dating experiences and learn new relationship skills. Designed for students currently dating or in a romantic relationship for less than a year  
1<sup>st</sup> Monday of each month 2:00 - 3:00 pm (virtual)

Love Better:

This group will introduce you to the latest relationship trends, help you navigate differing attachment styles, and teach you core romantic skills. Students will be able to: clarify their relationship goals, develop new rituals of emotional connection, and learn two foundational communication skills necessary for maintaining a longer romance.  
Wednesdays 4:00 - 5:00 pm (in person)

take care of your mind

HEY BRUINS,  
Have you set up your MyStudentChart yet?  
Head to [caps.ucla.edu](https://caps.ucla.edu) and click on the blue "MyStudentChart" button on the top right to get started!