

**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

**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>

**-Online Mental Health Resources-****Be Well Bruin**

Be Well Bruin is committed to increasing students' access to health and well-being resources on campus. Our goal is to empower students with support, education, and tools so that they are able to take charge of their health and make informed choices to become their best selves. For more information, head to [bewellbruin.ucla.edu](http://bewellbruin.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. To receive these codes, please call the CAPS front desk at (310) 825-0768. 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](http://www.livehealthonline.com)

**Welltrack Connect**

Sometimes seeking therapy or medication services off-campus is your best option to address a particular concern or meet your individual needs. One way to find off-campus therapy referrals is to use our online database. CAPS has partnered with Welltrack Connect to provide continued referral and linkage support to our students off-campus. For more information, head to [ucla.welltrack-connect.com](http://ucla.welltrack-connect.com)

**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>

**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)

**Behavioral Wellness Center:**  
Monday - Thursday 8 am - 6 pm, Fridays 8 am - 5 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.

**Bruin Guardian Scholars (BGS):**  
Thursdays 11 am - 1 pm (in person or virtual)

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

**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)

**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)**

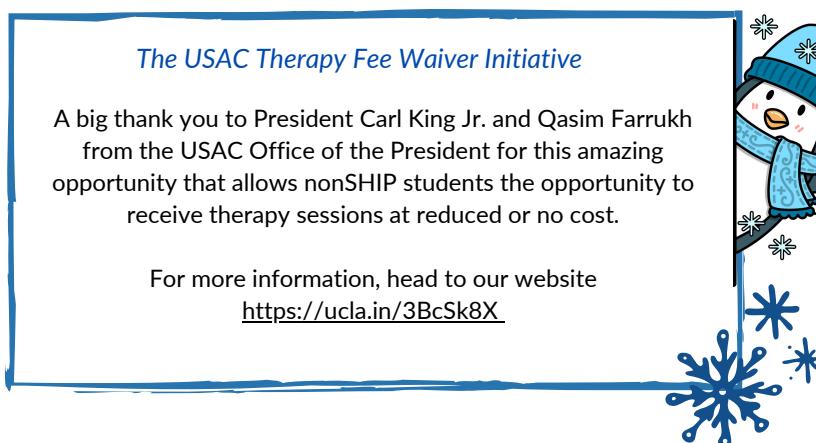
The RISE Center's mission is to uplift and support every Bruin's Well-Being by providing the education, resources, and tools needed to foster health, healing, and hope. As an extension of CAPS, RISE is committed to helping students build a strong foundation of resilience that includes caring for their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



# 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.

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)



hello  
WINTER



## 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)

## 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)



## 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



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\*



## 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)



## 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.

### **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)

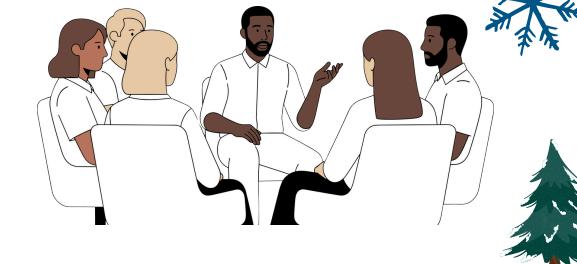
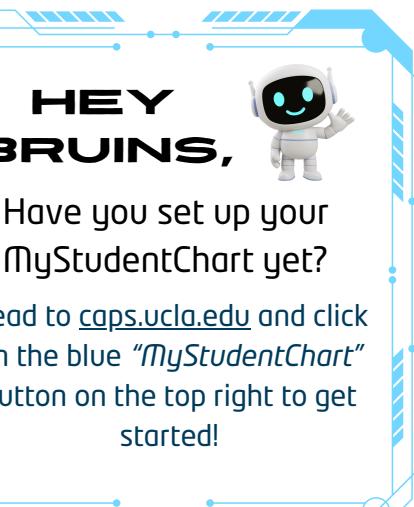


## Mind/Body Groups

### **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)



**take care  
of your mind**

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

