

UCLA

# Counseling & Psychological Services



John Wooden Center West

Monday, Tuesday, Thursday, Friday: 8:00 am - 5:00 pm, Wednesday: 9:00 am - 5:00 pm  
(By Appointment Only after 4 pm) [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. 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 Summer quarter 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.

## -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)

### Lyra (available until August 1, 2024)

Lyra offers UC SHIP members access to confidential care for emotional and mental health, how, when, and where they need it. Members (students, their spouses, and dependents) enrolled in UC SHIP medical plan will all have access to Lyra. Learn more at [myucship.lyrahealth.com](http://myucship.lyrahealth.com) or call 877-214-3767

### TogetherAll

TogetherAll is a safe, anonymous, online peer to peer community for mental health support. Join our free online community, supported by mental health professionals 24/7. Register at <https://tinyurl.com/2f84ujyx>

### Resilience in the Student Experience (RISE)

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. Our intentional programming and restorative on-campus space are run by a dedicated and diverse staff who are committed to helping students become their authentic selves in accessible, supportive, and inclusive peer-oriented spaces.

All services are free of cost and include an array of workshops, trainings, drop-in consultations, and self-directed resources. Programs are offered both in the RISE Center and in collaboration with students, staff, and partners across campus.



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).



# Summer 2024 Groups

## Therapy Groups

Therapy Groups require a clinician referral into the group. Open to students with and without SHIP

### 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. Wednesdays 2:00 - 3:30 pm (In person)

### Dissertation Writers 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 block, perfectionism, time management, confidence issues and conflicts with peers and professors. Thursdays 12:30 - 2:00 pm

### Disordered Eating II:

This follow-up group is open to students who are committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships. Thursdays 9:00 - 10:30 am

### Gaining Momentum:

Have you lost interest in things you used to enjoy, been feeling down, fatigued or extremely unmotivated to do what you need to do? In this group, you will learn strategies to regain momentum and get back into action, discover what values motivate you, and act in ways that improve quality of life. Thursdays 1:00 - 2:30 pm

take care of your mind

### Summer Drop-ins

Drop-in hours provide free, confidential, brief consultation for UCLA undergraduate and graduate students. These do not constitute mental health treatment. During the visit, a counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling and other services. Please see the CAPS Drop-in website for specific details: [bit.ly/capsdrop-in](https://bit.ly/capsdrop-in)

#### School of Dentistry (SOD)

Hours: Mondays 3:00 - 5:00 pm (Prescheduled only); Thursdays 12:00 - 2:00 pm (Drop in only)  
Location: Suite 13-082E in SOD

#### Undocumented Student Program

Hours: Thursdays 12:00 - 3:00 pm  
Location: Virtual Only

#### UndocuScholars Drop-in group (starting 8/8):

Hours: Thursdays 11:30 am - 1:00 pm  
Location: BRC Suite B44

### Graduate Students of Color:

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. Fridays: 11:00 am - 12:30 pm

### Graduate 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: 9:00 - 10:30 am, 2:00 - 3:30 pm (In person)  
Wednesdays: 12:00 - 1:30 pm

### Undergrad Relationships Group:

For students who want to deepen self understand and relationship skills. 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. Fridays: 9:00 - 10:30 am

### Interested in signing up for a CAPS group?

Let your clinician know so they can refer you to the group. If you do not have a clinician, please call for a triage assessment Monday - Fridays 9:00 am - 3:00 pm. \*The triage queue may close early due to high demand.\*

### Crisis Counseling available by phone

(310) 825-0768 24 hours  
[www.counseling.ucla.edu](http://www.counseling.ucla.edu)

### Any Questions?

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

## Wellness Skills Groups

Wellness skills groups are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0768 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. Tuesdays: 11:00 am - 12:00 pm

### 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. Fridays: 11:00 am - 12:00 pm

### The USAC Therapy Fee Waiver Initiative

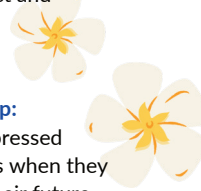
A big thank you to President Carl King Jr. and Qasim Farrukh from the USAC Office of the President for this amazing opportunity that allows nonSHIP students the opportunity to receive therapy sessions at no cost!

For more information, head to our website [www.counseling.ucla.edu](http://www.counseling.ucla.edu)

### CAPS x SWC LiveHealthOnline Program

SWC (USAC Student Wellness Commission) is working with CAPS to offer nonSHIP students a waiver to receive therapy and psychiatry from LiveHealthOnline at no cost! For more information on LiveHealthOnline, please visit our website [www.counseling.ucla.edu/livehealthonline](http://www.counseling.ucla.edu/livehealthonline)

To submit an application, please call CAPS at 310-825-0768 for more information.



### We Value Your Feedback!

To submit our online survey, please visit: <https://tinyurl.com/5dxtcssz>