Counseling & Psychological Services

John Wooden Center West
Monday, Tuesday, Thursday: 8:00 am - 5:30 pm, Wednesday: 9:00 am - 5:30 pm (By Appointment Only after 4 pm), Friday: 8:00 am - 5:00 pm (By Appointment after 3pm), www.counseling.ucla.edu

Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year & 4 additional sessions for those with UC SHIP 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.

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 offerings include:
- Programs, trainings & workshops
- Resilience & well-being education
- Mindfulness & meditation
- Stress management & self-care
- Community connection

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.

For more information, head to ricercenter.ucla.edu

-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

LiveWell 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 UC SHIP do not need to use any codes to receive all mental health services free of charge. Access LiveHealth Online at www.livehealthonline.com

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 have access to Lyra. Learn more at my Lyra or call 877-214-3767

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 starting July!

For more information, head to our website www.counseling.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 (CIT). For more information, visit: 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

Satellite Clinics
"please contact CAPS at (310) 825-0768 for more information about our satellite clinics"
Members enhance their skills for creating a process of developing healthier eating, relationships, weight and shape concerns, and enhancing relationships. This group is socially involved. This structured skills group utilizes speaking in groups, initiating and maintaining conversations, meeting new people, and provide support and feedback as you learn mindfulness and your relationships.

Anxiety Groups

Fridays: 11:00 am - 12:30 pm

Mood Groups

Thursdays: 1:00 - 2:30 pm (In person)

Survivors of Sexual Trauma Groups

Wednesday: 1:00 - 2:30 pm (In person)

Disordered Eating II:

American 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 navigating their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and relationships; cultural foods and traditions.

Gaining Momentum:

Academic Success Groups

Fridays: 9:00 - 10:30 am

Understanding Self and Others:

Tuesdays: 11:00 am - 12:00 pm

Getting What You Want:

Interpersonal Groups

Thursdays: 1:00 - 2:30 pm (In person)

Grief Groups

Mondays: 9:00 - 10:30 am

Mind/Body Groups

Fridays: 9:00 - 10:30 am

Compassion for Your Inner Critic:

Mondays: 2:00 - 3:30 pm

Academic Success Groups

Thursdays: 1:00 - 2:30 pm (In person)

Overcoming Social Anxiety:

Overcoming Procrastination:

Overcoming Social Anxiety:

Academic Success Groups

Fridays: 9:00 - 10:30 am (In person)

Survivors of Sexual Trauma Groups

Wednesday: 1:00 - 2:30 pm (In person)

Therapy Groups

For students who are exploring and/or committed to changing habits...and improving their academic performance.

Wednesdays: 3:00 - 4:30 pm

Disordered Eating II:

Mondays: 4:00 - 5:30 pm

Disordered Eating Groups

Disordered Eating Groups

Tuesdays: 11:00 am - 12:00 pm

International Students

Grief Groups

Disorganized Eating is to develop skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships. This group is designed to help students understand the connections among disordered eating and relationships, weight and shape concerns, situational triggers and personal factors.

Disordered Eating II:

Tuesdays: 11:00 am - 12:30 pm

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