-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 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

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 campus holidays. Login codes are available from CAPS to cover any campus holidays. Visit www.livehealthonline.com for more information on resources and support.

Lyra

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 myvanguardhealth.com or call 877-214-3767.

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 (CIRT). For more information, visit: www.studentcrisis.ucla.edu.

Satellite Clinics

"Please contact CAPS at (310) 825-0768 for more information about our satellite clinics"

Anderson School of Management: Tuesdays & Wednesdays 9:00 am - 1:00 pm (in person or virtual) Thursdays 9:00 am - 1:00 pm (virtual only)

Behavioral Wellness Center: Monday - Thursday 8:00 am - 6:00 pm Fridays 8:00 am - 5:00 pm (in person or virtual)

Athletics: Monday - Friday 8:00 am - 5:00 pm (in person or virtual) Request to schedule a time to speak with Denise Sierra, LMFT or request an athletics brief screening appointment.

School of Engineering: Wednesdays 10:00 am - 12:00 pm (virtual) Fridays 1:00 - 3:00 pm (in person) "weeks 5 - 10"

Bruin Guardian Scholars (BGS): Tuesdays 1:00 - 3:00 pm (in person) Thursdays 10:00 am - 12:00 pm (Virtual)

School of Law: Mondays 9:00 am - 1:00 pm (Virtual) Tuesdays & Thursdays 9:00 am - 1:00 pm (In Person)

Undocumented Student Program (start Week 1)

Hours: Tuesdays, 1:00 - 3:00 pm Location: Virtual Only

International Students and Scholars (start Week 3)

Hours: Thursdays, 10:00 am - 12:00 pm Location: Virtual Only

SAC/Kerrckhoff (start Week 3)

Community Programs Office, 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.

Drop-in for Muslim Students

Please see CAPS drop-in page for hours. Location: Virtual Only

Unscreened students may have contact with CAPS. No appointment is necessary. Drop-in consultations are free of charge. Call or text the CAPS front desk at (310) 825-0768 to learn more about screening appointments.

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, access your mental health, and, when needed, connect you to ongoing CAPS counseling and other services. Please see the CAPS Drop-in webpage for specific details: http://capsdrop-in

Counseling & Psychological Services

WINTER 2024

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

Make an Appointment

Appointments can be made over the phone. To make your initial appointment, please call us between 9:00 am - 4:00 pm Mondays - Thursdays and 9:00 am - 3:00 pm on 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.

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 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 1. For more information, head to our website www.counseling.ucla.edu
**Academic Success Groups**

**Undergrad Relationships Group:**
For students who want to develop a deeper understanding and relationship skills. This group will help you search for meaningful interpersonal relationships, find effective ways to connect with others, and understand what may be preventing you from achieving these goals. Fridays: 9:00 - 10:30 am

**Understanding Self and Others:**
For students who want to deepen their understanding of themselves, and of their relationships with others. This group will help you gain insight into why you relate to others the way you do, give you opportunities to try new ways of connecting with others, and provide support and feedback as you learn more about yourself and your relationships.

**Mind/Body Group:**
Compassion for Your Inner Critic:
Is your tendency to criticize or judge yourself impacting your academic life and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.

**Mood Groups:**
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 motivates you, and act in ways that improve quality of life.

**Anxiety Groups:**
Thursdays: 10:00 - 11:30 am

**Emotional and Interpersonal Skills Groups**

**Skills Training for Emotional Balance:**
Learn to regulate your emotions, identify your triggers, and challenge destructive behaviors and improved relationships. Tuesdays: 1:00 - 2:30 pm (In person)

**Understanding Yourself:**
This group is designed to help you learn how to get your needs met in your relationships with others. This group is for students who want to learn about how to get their needs met in their relationships with others.

**Emotional and Interpersonal Skills Groups**

**Understanding Your Inner Critic:**
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts about health related worry, or panic attacks? This structured skills group utilizes cognitive-behavioral acceptance based techniques to help break the cycle of anxiety.

**Thursdays:** 3:00 - 4:30 pm (In person)

**Overcoming Social Anxiety:**
This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral acceptance based approaches to help you become more socially involved.

**Mondays:** 3:00 - 4:30 pm (In person)

**Disordered Eating Groups**

**Disordered Eating I:**
Develop skills for creating a healthier lifestyle, challenging deceptive 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:** 10:00 - 11:30 am

**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 deceptive behaviors and improving relationships.**

**Thursdays:** 10:00 - 11:30 am

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**Crisis Counseling available by phone (310) 825-0768 24 hours**

**www.counseling.ucla.edu**

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**Winter 2024 Therapy Groups**

**Academic Success Groups**

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

**Tuesdays:** 1:00 - 2:30 pm

**Conflar Support Group:**
Conflar (to trust) is a support group where Latinx students can discuss and share issues that are relevant to their educational successes and challenges in the context of their cultural and personal experiences. Topics will include navigating cultural contexts, family relations, identity, dating, work, stigma, and discrimination.

**Wednesdays:** 3:00 - 4:30 pm

**Graduate Students of Color:**
A group for graduate students who are committed to continuing the process of understanding the impact of trauma. The group offers a safe space to share experiences with others, and receive support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment. EMDR techniques will also be used to support the healing process.

**Wednesdays:** 3:00 - 4:30 pm

**Healing 101:**
Develop and practice skills for managing the impact of trauma in your daily life and begin the journey towards your healing and recovery. This group is designed to help group members increase knowledge about trauma and recovery, increase one’s sense of safety in their body, and gain support, validation, and connection through coming together with other students who have experienced sexual and/or relational trauma. The group will be focused on providing skills, support, and information related to trauma processing.

**Wednesdays:** 1:00 - 2:30 pm (In person)

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**Wellness Skills Groups**

**Wellness Skills Group are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0768 to enroll.**

**Open to students with and without SHIP**

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**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, but are in treatment at CAPS, or commit to every session. This support group will provide students opportunity to gain support, connect with community, and gain additional resources. Some of the topics and resources discussed in this group include:

- Navigating immigration-related concerns
- Dealing with denials
- Finding balance amidst competing priorities
- Activism burnout
- Academic self-care
- Dating while undocumented
- Financial barrier
- Sociopolitical climate
- Acculturative stress

**Location:** Collegiate Recovery Program’s Lounge, which is located in the SAC (BRC Suite B44)

**Thursdays:** 12:00 - 1:30 pm

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**Therapy Groups**

**Graduate Students:**
Open to students with and without SHIP

**Academic Success Groups**

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**Fridays:** 9:00 - 10:30 am

**Understanding Self and Others:**
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