

UCLA

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

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.

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-

My Student Support Program (My SSP)

A service to support the emotional health and wellbeing of our international students, called My Student Support Program (My SSP). If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak to someone, My SSP can help! Visit counseling.ucla.edu/issp for more information.

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

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 all have access to Lyra. Learn more at 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. Scan the QR code to register.



Resilience in the Student Experience (RISE)

The RISE Center will be temporarily closed for our long-awaited renovation. Please visit our website risecenter.ucla.edu or follow up on Instagram @RISEcenterUCLA for ongoing updates, including where else on campus to find RISE workshops, staff, and programming while the space is closed. In the meantime, we invite you to sign up for our biweekly newsletter with updates on our current programming. Scan the QR code below. If you are interested in requesting a program from us during this time, simply head to our website, select "Request a Workshop" at the upper right hand corner and enter your information. We will respond as soon as possible! For more information, please email us at rise@caps.ucla.edu.



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. For more information on resources and support, visit: www.careprogram.ucla.edu.



Summer 2023 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)

Bruins Living with Loss and Grief:

Join other Bruins in a space of healing and compassionate care. This group is offered to 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.

Mondays: 10:00 - 11:30 am

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 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.

Wednesdays: 1:00 - 2:30 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.

Mondays: 9:00 - 10:30 am

Summer Drop-ins

CAPS 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 specialized 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

Undocumented Student Program

Hours: Thursdays 1:00 - 3:00 pm

Location: Virtual Only

UndocuScholars Drop-in group:

Hours: Thursdays 12:00 - 1:30 pm

Location: BRC Suite B44

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.

Tuesdays: 2:00 - 3:30 pm (In person)

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, 3:00 - 4:30 pm (In person)

Fridays: 11:00 am - 12:30 pm, 1:00 - 2:30 pm

Navigating Masculinity:

We get messages about about "how to be a man" from those around us. What does it mean to "be a man," and what do we want it to mean? How does the socialization we receive about masculinity affect us (and others in our lives)? How do expectations and gender norms around masculinity affect our experience and expression of emotions, vulnerability, intimacy, and connect with others? This is a space for you to explore, with other male-identified students, your relationship with masculinity and how you relate to yourself and others.

Tuesdays: 2:00 - 3:30 pm (In person)

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



Any Questions?

Any general inquiries about CAPS can be sent to 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.

Getting What You Want: Interpersonal Effectiveness Skills:

Do you struggle with asserting yourself in relationships, interpersonal problem solving, or feeling good about yourself after interactions with others? This 3-session skills-based group is for students who want to learn how to get their needs met in their interactions and relationships with others.

Wednesdays: 11:00 am - 12:00 pm

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.

Thursdays: 1:00 - 2:00 pm

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 - Thursday 9:00 am - 4:00 pm and 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

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 starting July!

For more information, head to our website www.counseling.ucla.edu