Objectives of the training include: recognizing that we are all affected by suicide-related crisis, appreciating the value of improving community prevention outside of mental health settings.

Please refer to our CAPS website for dates and times.

Please note: (in person or virtual)

Thursdays, 1:00 - 4:00 pm
Location: Virtual Only

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.

To 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 - 1:00 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 UC SHIP are also eligible for psychology services when clinically appropriate.

Out of State Students: Due to state law and California Board of Psychology and Board of Behavioral Sciences 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.

My Student Support Program (My SSP)
A new 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!

Follow us on Instagram @ucalcaps for more information.

The Counseling Center Counseling and Psychological Services
A Department of Student Affairs

Workshops & Trainings

Suicide Prevention Training
Objectives of the training include: recognizing that we are all affected by personal, societal and cultural attitudes about suicide; using a step-by-step technique to act to help a person at risk of suicide and be safe for now; identifying the next step after a person has been assisted in a suicide-related crisis, appreciating the value of improving community resources; and appreciate the concepts of life-promotion and self-care in the context of suicide. This training is appropriate for all members of the UCLA community including campus partners, staff, faculty, and students who wish to better understand suicide and assist with its prevention outside of mental health settings.

Please refer to our CAPS website for dates and times.

Assisting Distressed & Disturbing Students
Faculty, TAs, and staff play a critical role in a student's university experience and are in a position to become aware of a student in distress even during remote learning. This workshop will help participants understand how to create a culture of health in their sphere of influence, what resources are available to students in distress, and how they can assist students in getting connected with them. Participants will also learn about emergency procedures regarding distressed or disturbing students.

Please refer to our CAPS website for dates and times.

Please note: Check out our website www.counseling.ucla.edu is meant for outreach requests and training reservations only. Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may be interested in supporting this request for training. Please contact your clinician securely using the Patient Portal on the CAPS website.

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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 with 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 in response to protective measures of social distancing for the COVID-19 virus, most Fall quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPPA privacy guidelines. Students should arrange to be in a place that affords them privacy during the group session. A limited number of groups may be available in-person – please ask the group leader for further information.

Resilience in the Student Experience (RISE) Consent
Resilience in the Student Experience (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS’ holistic wellness program and provides an array of programs, classes, trainings, and self-directed resources to foster support and resilience, connection, and well-being. Check out their Virtual RISE Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at risecenter.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 the services are free to UCLA students. We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, ask the group leader for the LiveHealth Online login code at (310) 825-0768. Please note that 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

Therapy Assisted Online (TAO)
TAO is a self-help platform built to support student educational and skill developmental needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support and education for common issues such as: improving mood, calming anxiety, managing stress, and improving relationships.

It is free for all UCLA students. For more information, head to www.counseling.ucla.edu/tao

Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access
Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access
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 block, perfectionism, time management, confidence issues and conflicts with peers and professors.

Thursdays: 10:00 - 11:30 am, 12:30 - 2:00 pm
Mondays: 9:00 - 10:30 am

Skills Training for Emotional Balance:
The goal of this group is to help students expand their repertoire of emotional management strategies using mindfulness and Dialectical Behavioral Therapy (DBT) to distill tolerance skills while learning to effectively implement these tools in their own lives. Students also have the opportunity to connect with and support their peers as they learn from and with each other.

Thursdays: 2:00 - 3:30 pm (in person)

Overcoming Social Anxiety:
This group helps students overcome anxiety in a variety of social situations, such as speaking in groups 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.

Wednesdays: 2:00 - 3:30 pm (in person)

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 constitute, weight and shape concerns, situational triggers and personal factors.

Tuesdays: 2:00 - 3:30 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 relating skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Mondays: 9:00 - 10:30 am

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

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.

Thursdays: 1:00 - 2:30 pm

Mood Groups

Recovering from Depression:
Have you lost interest in things you used to enjoy or feel sad, empty or completely unmotivated to do what you need to do? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression as well as improving functioning and quality of life.

Wednesdays: 2:00 - 3:30 pm

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group:
For students who are exploring and/or identify as trans-gender, gender fluid, and gender nonconforming in their identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing identity-affirming relationships, coping with majority stress and gender binary norms, accessing health and social services supportive of transsexual identities, and addressing issues related to the transitioning process and adjustment to a new social identity.

Mondays: 3:30 - 4:30 pm
Tuesdays: 1:00 - 2:30 pm

Surivors of Sexual Trauma Groups

Active Healing:
This group will emphasize building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect 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. Other techniques will also be used to support the healing process.

Mondays: 1:00 - 2:30 pm (female identified survivors)
Thursdays: 11:00 - 12:30 pm (all genders)

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.

Academic Success Groups

Finding Focus:
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 acceptance based strategies to help break the cycle of anxiety.

Tuesdays: 10:00 - 11:30 am (all genders)

Mind/Body Groups

Compassion for Your Inner Critic:
Is your tendency to criticize or judge yourself impacting your academic life and personal 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.

Mondays: 3:00 - 4:30 pm

Overcoming Procrastination:
If procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and look to 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

Mind/Body Groups

Taming Your Inner Critic:
This 3 session wellness skills group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional distress) and want to feel the way they helped. This group 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.

Wednesdays: 1:00 - 2:30 pm

Anxiety Groups

Mind/Body Groups

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