

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 & Distressing 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 hear about emergency procedures regarding distressed or distressing students.

Please refer to our CAPS website for dates and times.

Please note: rsvp@caps.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 have similar offerings to the request. For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS website.

Virtual Mindfulness Drop-Ins



Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop in sessions throughout the Fall quarter. For more information: www.uclahealth.org/marc

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.

Please see the CAPS Drop-in webpage for specific details: bit.ly/capsdrop-in

Undocumented Student Program (start Week 1)

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

Dashew Center for International Students and Scholars Program (start Week 3)

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

SAC/Kerckhoff (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
Hours: Monday - Thursday, 1:00 - 3:00 pm
Location: Varies on day and time. See CAPS Drop-in webpage for specific locations.

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 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.



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. CARE also provides trauma-informed yoga to survivors and awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. For more information and programming dates, email admin@careprogram.ucla.edu. CARE Advocates provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking. 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.

Resilience in the Student Experience (RISE)

Resilience in the Student Experiences (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS' holistic wellness hub and provides an array of programs, classes, trainings, and self-directed resources to foster and support 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 these services are free to UCLA students. We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, please call the CAPS front desk at (310) 825-0768. Please note that 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

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! Check out the My SSP app or visit: counseling.ucla.edu/issp for more information.



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

Satellite Clinics

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

Anderson School of Management:

Tuesdays, Wednesdays, & Thursdays 9:00 am - 1:00 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 Anthony Chambers, LMFT or request an athletics brief screening appointment.

Behavioral Wellness Center:

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

Bruin Guardian Scholars (BGS):

Drop-in hours (in person at CAPS or Virtual):

- Weeks 1, 3, 5, 6, 8, 9, 10:
 - Tuesdays 1:00 - 3:00 pm
- Weeks 4, 7:
 - Tuesdays 2:00 - 3:00 pm

Virtual Workshops:

- Weeks 4 & 7:
 - Tuesdays, 1:00 - 2:00 pm

School of Engineering:

Wednesdays 11:00 am - 1:00 pm (virtual), Fridays 1:00 - 3:00 pm (in person or virtual)
weeks 5 - 10

School of Law:

Mondays, Wednesdays, and Thursdays 9:00 am - 1:00 pm (in person or virtual, virtual only Thursdays)



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



Follow us on Instagram @uclacaps for more information!

Open to students with and without SHIP

