



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 and in person. 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 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.

In accordance with the University of California nondiscrimination policy as well as federal and state antidiscrimination law, all student organization memberships, programs, activities, and events are open to all UCLA students.



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.

For more information, head to our website <https://ucla.in/3BcSk8X>



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 risecenter.ucla.edu

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.

International Students and Scholars (start Week 3)

Wednesdays 1 - 3 pm (virtual),
Thursdays 10 am - 12 pm (virtual)

Undocumented Student Program (start Week 1)

Mondays 10 - 11 am (virtual),
Wednesdays 3 - 4 pm, (virtual),
Thursdays, 1:00 - 3:00 pm (in person)

SAC/Kerckhoff (start Week 3)

Community Programs Office, Bruin Resource Center, Black 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. <https://ucla.in/4e7f88J>

Satellite Clinics

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

Anderson School of Management:

Tuesdays & Wednesdays 9 am - 1 pm (in Person or virtual)
Thursdays 9 am - 1 pm (Virtual)

Athletics:

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

School of Engineering:

Wednesdays 10 am - 12 pm (Virtual)
Fridays 1 - 3 pm (In Person)
weeks 5 - 10

Behavioral Wellness Center:

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

Bruin Guardian Scholars (BGS):

Thursdays 11 am - 1 pm (in person or virtual)

School of Law:

Mondays & Tuesdays 9 am - 1 pm (In Person or Virtual)

School of Dentistry

Tuesdays & Thursdays 4 - 6 pm (In Person or Virtual)



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.

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 (CRT). For more information, visit: www.studentincrisis.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

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

Welltrack Connect

Sometimes seeking therapy or medication services off-campus is your best option to address a particular concern or meet your individual needs. One way to find off-campus therapy referrals is to use our online database. CAPS has partnered with Welltrack Connect to provide continued referral and linkage support to our students off-campus. For more information, head to ucla.welltrack-connect.com

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

We Value Your Feedback!

To submit our online survey, please visit: <https://ucla.in/4daaaa0>

Fall 2025 Therapy Groups

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP. Call CAPS for group times.

Academic Success Groups

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 blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.

Anxiety Groups

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.

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

Grief Groups

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.

Emotional and Interpersonal Skills Groups

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) distress 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 with and from each other.

Interpersonal Process Groups

Grad 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.

International Graduate Student Therapy Group:

International graduate students oftentimes face unique professional, personal, and immigration-related stressors that impact their emotional well-being. This group aims to help out our international graduate students to feel connected, supported, and empowered.

Undergrad Relationships Group:

For students who want to deepen self understanding 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.

Mind/Body Groups

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.

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group:

For any students who is interested in learning more about various gender diverse identities, exploring their own and/or identify as transfer, gender fluid, gender diverse, and gender nonconforming in their identity and expression.

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 in 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.

Confiar Latinx Group:

Confiar (to trust) is a drop-in 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 relationships, navigating higher education, identity, discrimination, imposter syndrome, mental health stigma, and empowerment.

Survivors of Sexual Trauma Groups

Healing 101: Trauma Skills Group:

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 rather than trauma-processing.

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

- Academic self-care
- Dating while undocumented
- Financial barriers
- Sociopolitical climate
- Acculturative stress
- Navigating immigration-related concerns
- Navigating disclosures
- Finding balance amidst competing priorities
- Activism burnout

Location: USP Office in Student Activity Center, Suite B52
Call CAPS for more information

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.

Academic Success Groups

Finding Focus:

Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.

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.

Anxiety Groups

Break the Cycle of Anxiety:

If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved. Learn and practice specific tools to create realistic goals, manage time better and increase productivity.

Mind/Body Groups

Bodies in Motion (Athletes Only):

This group is an interactive group program designed to help athletes develop healthy and positive perceptions of their bodies as well as strong and confident beliefs about themselves as athletes, students, and women.

Taming Your Inner Critic:

This group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional difficulties) and realize it is not working the way they hoped. It 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.

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

HEY BRUINS...

Have you set up your MyStudentChart yet?

Head to caps.ucla.edu and click on the blue "MyStudentChart" button on the top right to get started!



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 from 9:00 am - 4:00 pm and Fridays 9:00 am - 3:00 pm. *The triage queue may close early due to high demand.*

Relational Groups

Break Up Recovery:

Breaking up is one of the hardest things to do. If you've experienced a breakup, come learn how to move forward effectively. Students will learn how to make meaning of the breakup, consider their attachment style, evaluate compatibility, and identify their relationship goals.

Date Better:

Want to level up your dating skills? This group will introduce you to the latest relationship science, help you identify your attachment and dating style, and teach you the skills everyone needs to improve if they want to meet their dating goals. Students will be able to: create/improve their dating app profile and learn communication skills to foster a genuine emotional connection.

Date Better Check In:

A monthly dating consultation group for students who completed Date Better. Students will be able to reflect on their ongoing dating experiences and learn new relationship skills. Designed for students currently dating or in a romantic relationship for less than a year

take care
of your mind

hello
FALL