**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:

**Undocumented Student Program**
(start Week 1)
Hours: Thursdays, 1:00 - 3:00 pm
Location: Virtual Only

**International Students and Scholars (start Week 2)**
Hours: Tuesdays, 10:00 am - 12:00 pm
Location: Virtual Only

**UndocuScholar Drop-in group**
Thursdays 12:00 - 1:30 pm
Location: BRC Suite 844

**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.
See CAPS Drop-in webpage for specific locations and times.

---

**Online Mental Health Resources**

(Now) 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 can take charge of their health and make informed choices to become their best selves. For more information, head to [bewellbruin.ucla.edu](bewellbruin.ucla.edu)

**LiveHealth Online**
LiveHealth Online enables you to see a Licensed Therapist or Psychiatric 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](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 have access to Lyra. Learn more at [myucship.lyrahealth.com](myucship.lyrahealth.com) or call 877-214-3767

---

**Students with Dependents Program (SwD)**
SwD provides support/resources to UCLA undergraduate, graduate, and professional students who have taken on the role of parent, guardian, or caregiver and are continuing their educational journey. Visit our website for more information at [swd.ucla.edu](swd.ucla.edu)

**CARE UCLA Campus Assault Resources & Education**
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 310-206-2463 or email advocate@carenegov.ucr.edu. For more information on resources and support, visit: [www.carenegov.ucr.edu](www.carenegov.ucr.edu)

**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)
School of Engineering: Wednesdays 11:00 am - 1:00 pm (virtual); Fridays 1:00 - 3:00 pm (in person or virtual)
*weeks 5 - 10*

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

**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 UC SHIP 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 Fall 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.

**The RISE Center at UCLA**
The RISE Center’s mission is to uplift and support every Bruin’s Well-Being by providing the education, resources, and tools needed to foster health, healing, and hope.

Our offerings include:
- Programs, trainings & workshops
- Resilience & well-being education
- Mindfulness & meditation
- Stress management & self-care
- Community connection

For more information head to [risecenter.ucla.edu](risecenter.ucla.edu)

**The USAC Therapy Fee Waiver Initiative**
A big thank you to President Carl King Jr. and Qasim Farukh 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](www.counseling.ucla.edu)
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, writer’s block, perfectionism, time management, confidence issues and conflicts with peers and professors. Wednesdays: 2:00 - 3:30 pm (for international students); Fridays: 1:00 - 2:00 pm

Thursdays: 12:30 - 2:00 pm

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 therapy and acceptance based strategies to help break the cycle of anxiety.

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

Overcoming Social Anxiety:
Overcoming Social Anxiety: 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.

Tuesdays: 1:00 - 2:30 pm (In person)

Disordered Eating Groups

Disordered Eating I:
Develop skills for creating a healthier lifestyle, challenges 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.

Thursdays: 11:00 am - 12:30 pm

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 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 and work together.

Tuesdays: 2:00 - 3:30 pm

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.

Fridays: 9:00 - 10:30 am

Interpersonal Process Groups

Grad Student Therapy Groups:
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 within the specific 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

Additional times may be available

International Graduate Student Therapy Group:
International graduate students sometimes face unique personal, professional, and immigration-related stressors that impact their emotional well-being. This group aims to help our international graduate students to feel connected, supported, and empowered.

Fridays: 10:00 - 11:30 am

Men's Group:
We get many messages 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.

Fridays: 12:00 - 1:30 pm

Understanding Self and Others:
For students who want to deepen their 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.

Fridays: 9:00 - 10:30 am

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

Wednesdays: 10:00 - 11:30 am

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.

Mondays: 2:00 - 3:30 pm

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

www.counseling.ucla.edu

Gaining Momentum:
Have you lost interest in things you used to enjoy, been feeling 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.

Thursdays: 1:00 - 2:30 pm

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group:
For students who are exploring and/or identify as transgender, 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 minority stress and trans related fears and phobias, accessing health and social service providers, and the unique challenges of cross-gendered living.

Fridays: 9:00 - 10:30 am

Conflag Support Group:
Conflag (to trust) is a support group where UCLA students can discuss issues that are relevant to their educational and personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.

Wednesdays: 3:00 - 4:30 pm

Wellness Skills Groups

Wellness Skill 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.

Thursdays: 1:00 - 2:30 pm (In person)
Fridays: 9:00 - 10:30 am (In person)

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.

Tuesdays: 11:00 am - 12:00 pm, 2:00 - 3:00 pm

Anxiety Groups

Break the Cycle of Anxiety:
Are you feeling overwhelmed by academic pressures and other stressful circumstances? This group is for students who want to learn about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management tools.

Wednesdays: 11:00 am - 12:00 pm

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

Survivors of Sexual Trauma Groups

Healing 501:
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 rather than trauma-processing.

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

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 difficulties) and realize it is not working the way they hoped. This group aims to: help students identify their inner critic; understand the function and outcome of self-criticism; and practice non-judgmental self-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.

Tuesdays: 1:00 - 2:30 pm

Interested in Signing Up for a CAPS Group? Let your know which one you want to join at sign-up, however if you do not have the 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.