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

Undocumented Student Drop-In Group
Thursdays 12:00 - 1:30 pm
Location: BRC Suite 844

SAC/Kerrckhoff (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 Satellite Clinics
“please contact CAPS at (310) 825-0768 for more information about our satellite clinics”

Anderson School of Management: 8:00 am - 12:00 pm
Tuesdays & Wednesdays 9:00 am - 1:00 pm (In person or virtual)
Thursdays 9:00 am - 1:00 pm (virtual only)

Behavioral Wellness Center: Monday - Thursday 8:00 am - 6:00 pm
Fridays 8:00 am - 5:00 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 Desiree Sierra, LMFT or request an athletics brief screening appointment.

School of Engineering:
Monday - Wednesday 10:00 am - 12:00 pm (virtual)
Fridays 1:00 - 3:00 pm (In person)
“Weeks 5 - 10”

Bruin Guardian Scholars (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)

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 mryuca@lyrahealth.com or call 877-214-3767.

CARE
CARE is a safe place for survivors of sexual assault, dating and domestic violence, and/or stalking to get support, consultation, and 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.

Students with Dependents Program (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.

CAPS and SwD have partnered up to offer a free support group for parenting students. Please contact CAPS or SwD for more information about the schedule and location.

Satellite Clinics
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 riscenetr.ucla.edu

Crisis Counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

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.

The USC Therapy Fee Waiver Initiative
A big thank you to President Carl King Jr. and Qasim Famukh 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

Flyer of the event:
-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 Psychologist 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 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

Crisis Counseling
Crisis counseling available by phone 24 hours a day, 7 days a week (310) 825-0768

Eligibility
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 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.

Community Connection
Interested in Mental Health?
Join our Bruin Mental Health Advisory Committee (BMHAC) Check out our website on how to join
Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access

Questions?
Any general inquiries about CAPS can be sent to info@caps.ucla.edu

Follow us on Instagram @uclacaps for more information!

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.

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

July!
Fall 2023 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

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.

Breakdown your academic anxiety!
Topics will cover technique and strategies for managing anxiety.

Breakdown your academic anxiety!

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.

Grief Groups

Brüns Living With Loss and Grief:
Join other Brüns in a space of healing and compassionate care. This group is offered to all Brüns 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.

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.

Grief Process Groups

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.

Understanding Self and Others:
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 daily life.

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.

Interested in Signing Up for a CAPS Group? Let your classmate know so they can refer you to the group. If you do not have the please call for a triage appointment 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.