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 if 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, 12:00 - 1:30 pm
Location: Virtual Only

International Students and Scholars (start Week 2)
Location: Virtual Only

Contact info@caps.ucla.edu to schedule an appointment.

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 Desiree Sierra, LMFT or request an athletic's brief screening appointment.
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)

Bruin Guardian Scholars (BGS):
Tuesdays 1:00 - 3:00 pm (in person or virtual)
Thursday 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)

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@caregepgerm.ucla.edu. For more information on resources and support, visit: www.caregepgerm.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.

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. 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.

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

Please join us on Tuesday, October 17th 11:00 am - 4:00 pm for our grand re-opening!

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 non-UC SHIP students the opportunity to receive therapy sessions at no cost starting July!

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

-Online Mental Health Resources-
(New!) 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

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 myucship.lyrahealth.com or call 877-214-3767

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
Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group.

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.

Thursdays: 2:00 - 3:30 pm

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 with an emphasis on the special needs and issues of graduate students.

Mondays: 4:00 - 5:30 pm
Tuesdays: 9:00 - 10:30 am

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.

Fridays: 9:00 - 10:30 am

Navigating Masculinity:
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

Gender Identity Spectrum Group:
For students who are exploring/identifying 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 minority stress and gender binary norms, accessing health and social services supportive of trans-gender people, addressing issues related to the transitioning process and adjustment to a new social identity.

Tuesdays: 2:00 - 3:30 pm

Mind/Body Groups

Compassion for Your Inner Critic:
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.

Thursdays: 11:00 am - 12:30 pm

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)

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.

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

Interpersonal Success Groups

Dissertation writing process? Topics 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, identity, dating, work, stigma, and discrimination.

Wednesdays: 3:00 - 4:30 pm

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)

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:
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

Mood Grouping

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

Confinar Support Group:
Confinar (to trust) is a 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.

Fridays: 9:00 - 10:30 am

Survivors of Sexual Trauma Groups

Healing 101:
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)

Mood/Mind 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 (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 responses and self-compassion as an alternative method of self-talk.

Tuesdays: 1:00 - 2:00 pm

Interested in Signing Up for a CAPS Group? Let your counselor know so they can refer you to the group. If you do not have a counselor, 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.