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.

See the CAPS Drop-in webpage for specific details: [http://capshelp.ucla.edu](http://capshelp.ucla.edu)

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

International Students and Scholars (Start Week 3)
Hours: Fridays, 11:00 am - 1:00 pm
Location: Virtual Only

SAC/Kerrchhoff (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.

Drop-in for Muslim Students
Hours: Fridays, 11:00 am - 1:00 pm
Location: Virtual Only

Undocumented Student Program
International Students and Scholars
Center, LGBTQ Campus Resource Center, Black Bruin Resource Center, the Graduate Student Resource Center.
See CAPS Drop-in webpage for specific locations and times.

Drop-in for Muslim Students
Hours: Fridays, 11:00 am - 1:00 pm
Location: Virtual Only

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 can be in charge of their health and make informed choices to become their best selves. For more information, head to [bewellbruin.ucla.edu](http://bewellbruin.ucla.edu)

LiveWell Online
LiveWellOnline 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 UC SHIP do not need to use any codes to receive all mental health services free of charge. Access LiveWell Online at [www.livewellonline.com](http://www.livewellonline.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 [myencing.lyrahealth.com](http://myencing.lyrahealth.com) or call 877-214-3767.

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

Anderson School of Management: 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)

Bruin Guardian Scholars (BGS): Mondays 1:00 - 3:00 pm (in person)
Thurdays 10:00 am - 12:00 pm (Virtual)

School of Law: Mondays 9:00 am - 1:00 pm (Virtual)

*weeks 5 - 10*

Stress management & self-care
Mindfulness & meditation
Cognitive Behavioral Therapy (CBT)

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.

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](http://www.careprogram.ucla.edu).

CARE UCLA Campus Assault Resource & Education Center

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

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 online programs. 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](http://risecenter.ucla.edu).

We Value Your Feedback!
To submit our online survey, please visit: [https://tinyurl.com/5k8ecok](https://tinyurl.com/5k8ecok)

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](mailto:info@caps.ucla.edu)

We Value Your Feedback!
If you are interested in participating in our online survey, please visit: [https://tinyurl.com/5k8ecok](https://tinyurl.com/5k8ecok)

The UCAS 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 these sessions at reduced or no cost starting July!

For more information, head to our website [www.counseling_ucla.edu](http://www.counseling_ucla.edu)

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 3 pm), [www.counseling.ucla.edu](http://www.counseling.ucla.edu)

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

All registered and eligible students can receive up to 4 sessions of individual psychotherapy per academic year + 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.

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Spring 2024 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) - Thursdays: 2:00 - 3:30 pm
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 blocks, perfectionism, time management, confidence issues, and connect with peers and professors.

(For international students): 4:00 - 5:30 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 acceptance based strategies to help break the cycle of anxiety.

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

Overcoming Social Anxiety: This 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.

Fridays: 9:00 - 10:30 am

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.

Thursdays: 10:00 - 11:30 am (In person)

Disordered Eating II: This follow-up group is open to students who are committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance skills necessary for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Thursdays: 2:00 - 3:30 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 Emotionally Focused Therapy (EFT). Delineate 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.

Fridays: 10:00 - 11:30 am

Grief Groups

Brains Living with Loss and Grief: Join other Brains in a space of healing and compassionate care. This group is offered to all Brains who are struggling with the loss of a significant person in their lives. This group provides a space to share, receive support and honor the unique grief process.

Mondays: 10:00 - 11:30 am
Fridays: 9:00 - 10:30 am

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.

Mondays: 4:00 - 5:30 pm
Tuesdays: 10:00 - 11:30 am, 2:00 - 3:30 pm (In person)
Wednesdays: 1:00 - 2:30 pm (In person)

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, 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.

Thursdays: 10:00 - 11:30 am

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 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)

Mood Groups

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? This group will focus on strategies to regain momentum and get back into action, discover what values motivate you, and act in ways that improve quality of life.

Thursdays: 2:00 - 3:30 pm

Survivors of Sexual Trauma Groups

Asian American Community Support Group: A group for students who want to reconnect and identify with the Asian American community. Students will discuss their shared experiences regarding creating their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family conflict issues; and Asian American traditions and foods.

Tuesdays: 1:00 - 2:30 pm

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 connecting with others who have experienced sexual and/or relational trauma. The group will be focused on providing skills, support, and information rather than trauma processing.

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

Wellness Skills Groups

Wellness Skills Group Wellness Group are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0768 to enroll. Open to students with and without SHIP.

Anxiety Groups

Interested in Sign up for a CAPS Group? Let your clinician know you 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.

Academic Success Groups

Break the Cycle of Anxiety: Are you 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

Mind/Body Groups

Taming Your Inner Critic: This group is designed for individuals who have developed the habit of being hard on themselves (e.g., imaginary, 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.

Fridays: 11:00 am - 12:00 pm

Mood Groups

Getting What You Want: Interpersonal Effectiveness Skills: Do you struggle with asserting yourself in relationships, interpersonal problem solving, or feeling good about yourself after interactions with others? This group is for students who want to learn how to get their needs met in their interpersonal relationships with others.

Fridays: 11:00 am - 12:00 pm

Mind/Body Groups

Navigating disclosures

Activism burnout

Shame

Acculturative stress

Survivors of Sexual Trauma Groups

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:

• Navigating immigration-related concerns
• Activism burnout
• Managing disclosures
• Finding balance amid competing priorities
• Financial challenges
• Navigating immigration-related financial challenges
• Sociocultural identity
• Acculturative stress

Location: Collegiate Recovery Program's Lounge, which is located in the SAC (BRC Suite B44)

Thursdays: 12:00 - 1:30 pm