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 [beewellbruin.ucla.edu](http://beewellbruin.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.livethealthonline.com](http://www.livethealthonline.com).

**The RISE 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. For more information, visit [risecenter.ucla.edu](http://risecenter.ucla.edu).

**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 wish to better support their students in need. Please be advised that most groups at CAPS are 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.

**Crisis Services**

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

**CAPS 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 needs, and when needed, connect you to ongoing CAPS counseling and other services.

**Satellite Clinics**

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

**Anderson School of Management**

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 (BOS)**

Mondays 1:00 - 3:00 pm (in person)

**School of Law**

Mondays 9:00 am - 1:00 pm (Virtual)

**School of Dentistry (New)**

Mondays 4:00 - 6:00 pm (Prescheduled only)

**John Wooden Center West**

Thursdays 1:00 - 3:00 pm (Virtual)

**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 or your treatment provider 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.

**The USC Therapy Fee Waiver Initiative**

A big thank you to President Carl King Jr. and Qasim Farruh from the USAC Office of the President for this amazing opportunity that allows nonSHIP students the opportunity to receive up to 12 sessions at reduced or no cost starting July 1.

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

**Interested in Mental Health?**

Join our Bruin Mental Health Advisory Committee (BMHAC)! Check out our website on how to join [www.counseling.ucla.edu](http://www.counseling.ucla.edu).

**We Value Your Feedback!**

To submit our online survey, please visit [https://tinyurl.com/5sdeor](https://tinyurl.com/5sdeor).

**Spring 2024**

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

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.

**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.

**Confidentiality**

Our services are confidential, meaning that we will not disclose information about your treatment or your treatment provider 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.

**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 & relaxation
- 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 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**
Spring 2024 Therapy Groups

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the open group. To open to students with and without SHIP.

Academic Success Groups

Dissertation Writing Group (For Graduate Students)
Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the dissertation or dissertation writing process? Topics discussed include procrastination, writers block, perfectionism, time management, confidence issues and conflict with peers and professors.

Wednesdays: 2:00 - 3:30 pm (for international students)
Thursday: 12:30 - 2:00 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 practical 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.

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. The group provides a space to share, receive support and honor the unique grief process.

Mondays: 10:00 - 11:00 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: 10:30 am - 2:00 pm, 2:30 - 5:00 pm (in person)

Wednesdays: 12:00 - 1:30 pm (in person)
Fridays: 11:00 am - 12:30 pm

Additional times may be available

International Undergraduate Student Group:

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

Fridays: 10:00 - 11:30 am

International Undergraduate Student Group:

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

Wednesdays: 2:00 - 3:30 pm

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.

Fridays: 9:00 - 10:30 am

Understanding Self and Others:
For students who want to deepen their understanding of themselves, and of their relationships with others. This group will help you gain insight into why you relate to others the way you do, give 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, learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindful and self-compassion practices for every day life.

Wednesdays: 10:00 - 11:30 am

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 help you learn ways to regain momentum and get back into action, discover what values motivate you, and act in ways that improve quality of life.

Wednesdays: 2:00 - 3:30 pm

Survivors of Sexual Trauma Groups

Active Healing:
This group will emphasize building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect with others, and receive support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment. EMDR techniques will also be used to support the healing process.

Wednesdays: 3:00 - 4:30 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.

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

Anxiety Groups

Break 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: 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, emotional and interpersonal relationships, finding effective ways to connect and communicate with others, and understanding what may be preventing you from achieving these goals.

Fridays: 9:00 - 10:30 am

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 their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Thursdays: 2:00 - 3:30 pm

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

Sexual Orientation & Gender Groups

Asian American Community Support Group:
A group of Asian American students focused on reconnecting, supporting and helping each other to heal, develop and support each other in their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family issues; and stressors and traditions.

Tuesdays: 1:00 - 2:30 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

LGBTQ+ Student Support Group:
This group provides a space for students who identify as transgender, gender fluid, or non-binary to interact and connect with students who share similar experiences. The group helps provide a safe environment where members can discuss the unique challenges they face and gain support from one another.

Fridays: 12:00 - 1:30 pm

Student of Color Groups

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 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.

Tuesdays: 2:00 - 3:30 pm (In person)

Interpersonal Groups

Overcoming Procrastination:
If 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

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

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 access additional resources. The topics of discussion and resources reviewed in this group include:

• Navigating immigration-related concerns
• Understanding DACA
• Finding balance amid competing priorities
• Activism burnout
• Academic self-care
• Dating while undocumented
• Financial barriers
• Sociopolitical climate
• Acculturative stress

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

Thursdays: 12:00 - 1:30 pm

Emotional and Interpersonal Skills Groups

Sexual Identity & Gender Groups

Gender Identity Spectrum Group:
For students who know they are gender fluid or identity 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 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: 2:30 - 3:30 pm (in person)

Wednesdays: 2:30 - 3:30 pm (in person)

Interested in Signing Up for a CAPS Group?
Log in to the Clinician Connection to refer yourself 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.

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.

Wellness Skills Group

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

Interpersonal 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

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

Sabbatical Support Group

Are you a graduate student who is committed to continuing the process of developing healthier eating, exercising, coping and relational skills. Members enhance their skills for creating a healthier lifestyle, challenging destructive behaviors and improving relationships.

Thursdays: 2:00 - 3:30 pm