Members (students, their spouses, and dependents) enrolled in UC can receive all mental health services free of charge. Access LiveHealth Online at

- **Online Mental Health Resources**
  - **Lyra**: 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**
    - **LiveWell 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 [LiveWell Online](http://www.livewellhealthonline.com).
- **UCLA Case Management Services**
  - **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 [my.uchealth.com](http://my.uchealth.com) or call 877-214-3767.

**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.

**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 would like to better support students of concern. Case Managers are key members of the Consultation and Response Team (CIRT). For more information, visit: [www.studentincrisis.ucla.edu](http://www.studentincrisis.ucla.edu).

**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.

**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 nonSHIP students the opportunity to receive their sessions at reduced or no cost starting July!

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

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**Counseling & Psychological Services**

**SPRING 2024**

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

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**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.

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**UCLA Case Management Services**

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Socially involved.

approaches to help you become more cognitive-behavioral acceptance based. This group helps students overcome anxiety

Thursdays: 12:30 - 2:00 pm

Overcoming Social Anxiety:

Designed to help members understand the blocks, perfectionism, time management, 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 (In person)

Interested in Signing Up for a CAPS Group? Let your clinician know, they can refer you to the group. If you do not have a clinician, please call for a triage assessment Monday - Thursday: 9:00 am - 4:00 pm and Fridays: 9:00 am - 3:00 pm. The triage queue may close early due to high demand.

Crisis Counseling available by phone (310) 825-0748 24 hours

www.counseling.ucla.edu

Dissertation writing process? Topics

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

Dissertation Writer's Group (For Graduate Students)

Fridays: 9:00 - 10:30 am

Disordered Eating Groups

For students who are exploring and/or identify as transgender, gender fluid, and other.

Wednesdays: 11:00 am - 12:00 pm

Gender Identity Spectrum Group:

In training groups to learn and practice a variety of anxiety management strategies using mindfulness and self-compassion practices for every day life.

Thursdays: 10:00 - 11:30 am

Mind/Body Group

Compassion for Your Inner Critic:

Is your tendency to criticize or judge yourself about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management strategies.

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

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

Getting What You Want: Interpersonal Effectiveness Skills:

Do you struggle with concentration problems, ADHD and other stressful circumstances? This group is designed for students who want to learn about group process 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

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

Mind/Body Group

Taming Your Inner Critic:

This group is designed for individuals who have developed the habit of being hard on themselves (e.g., members of 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 to self-talk.

Fridays: 11:00 am - 12:30 pm

Survivors of Sexual Trauma Groups

Academic Success Groups

For students who know they are struggling with 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 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 (In person)

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

Student of Color Groups

Asian American Community Support Group:

A group for students who identify as Asian to connect and identify with the Asian American community. Topics may include; identity development and intersectionality; biases and stereotypes; career interest; body image; family conflict issues; food issues 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 stresses. 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 strong social context of respect and empowerment.

Fridays: 11:00 - 12:30 pm

Wellness Skills Groups

Wellness Skills Group are generally 3 weeks long; please call CAPS Front Desk at (310) 825-0748 to enroll. Open to students with and without SHIP.

Academic Success Group

Skill Training for Emotional Balance:
The goal of this group is to help students expand their repertoire of emotional management strategies using mindfulness and Interpersonal 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

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.

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 - 10:30 am, 2:00 - 3:30 pm (In person)

Fridays: 11:00 am - 12:30 pm

Additional times may be available

International Graduate Student Therapy Group:

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

Weekdays: 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, first 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.

Mind/Body Group

Compassion for Your Inner Critic:

Is your tendency to criticize or judge yourself about anxiety and how to manage it. Join this group to learn and practice a variety of anxiety management strategies.

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

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Fridays: 11:00 am - 12:30 pm

Woman of Color

Women of Color Group (For Women of Color)

Fridays: 9:00 - 10:30 am

Disordered Eating Group

Between the lines: Eating and Maladaptive Behaviors:

Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Therapy Thesis or Dissertation writing process?

Thursdays: 1:00 - 2:30 pm (for international students)

4:00 - 5:30 pm

Thursdays: 12:30 - 2:00 pm

Location: Collegiate Recovery Program’s Suite B44)