

UCLA 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

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: bit.ly/capsdrop-in

Undocumented Student Program (start Week 1)

Hours: Thursdays, 1:00 - 3:00 pm
Location: Virtual Only

International Students and Scholars (start Week 3)

Hours: Tuesdays, 10:00 am - 12:00 pm; Wednesdays 1:00 - 3:00 pm
Location: Virtual Only

SAC/Kerckhoff (start Week 3)

Community Programs Office, Bruin Resource Center, Black 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. <https://ucla.in/4e7f88J>

Satellite Clinics

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

Anderson School of Management: Behavioral Wellness Center:

Tuesdays & Wednesdays 9:00 am - 1:00 pm (in person or virtual)
Thursdays 9:00 am - 1:00 pm (virtual only)
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 Angela Ovakimyan, LMFT or request an athletics brief screening appointment.

School of Engineering:

Wednesdays 10:00 am - 12:00 pm (virtual)
Fridays 1:00 - 3:00 pm (in person)
weeks 5 - 10

Bruin Guardian Scholars (BGS):

Wednesdays 1:00 - 3:00 pm (In person or virtual)
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)

School of Dentistry

Mondays 4:00 - 6:00 pm (Prescheduled); Thursdays 12:00 - 2:00 pm (Drop in)



CAPS is an official Narcan distribution site on the UCLA campus. You will be asked to view a short training video for administering Narcan before picking up your Naloxone kit at any reception desk.

For more information, visit the Ashe Center's webpage studenthealth.ucla.edu/narcan



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.

UCLA 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 would like to better support students of concern. Case Managers are key members of the Consultation and Response Team (CRT). For more information, visit: www.studentin crisis.ucla.edu.



RISE Center at UCLA
Health. Healing. Hope.

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 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

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 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.

-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 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.livehealthonline.com



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



We Value Your Feedback!

To submit our online survey, please visit: <https://ucla.in/4daaaa0>

Fall 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):

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.

Wednesdays: 2:00 - 3:30 pm (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 and acceptance based strategies to help break the cycle of anxiety.

Thursdays: 2:00 - 3:30 pm

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

Thursdays: 9:00 - 10:30 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.

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: 9:00 - 10:30 am, 2:00 - 3:30 pm (In person)

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

*Additional times may be available

International Graduate Student Therapy Group:

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

Thursdays: 3:00 - 4:30 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: 3:00 - 4:30 pm

Interested in Signing Up for a CAPS Group?

Let your clinician know so they 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.*

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 every day life.

Mondays: 3:00 - 4:30 pm

Sexual Orientation & Gender Groups

Gender Identity Spectrum Group:

For students who are exploring 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)

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

Student of Color Groups

Asian American Community Support Group:

A group for students of Asian descent to empower oneself and connect with the Asian American community. Students will discuss their shared and unique experiences in navigating their Asian American identity. Topics may include: identity development and intersectionality; biases and stereotypes; career interest; body image; family and relationships; cultural foods 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.

Tuesdays: 9:00 - 10:30 am

Crisis Counseling available by phone

(310) 825-0768 24 hours

www.counseling.ucla.edu

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



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.

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

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

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
- Navigating disclosures
- Finding balance amidst 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



Wellness Skills Groups

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.

Thursdays: 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., related to 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

Take care of your mind

