Virtual Mindfulness Drop-Ins

Mindfulness Awareness Research Center (MARC) is offering virtual mindfulness drop in sessions throughout the fall quarter. For more information: www.uclahealth.org/marc

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

Athletics: Monday - Friday 8:00 am - 5:00 pm
Request to schedule a time to speak with Anthony Chambers, LMFT or request an athletics brief screening appointment.

Behavioral Wellness Center: Monday - Thursday 8:00 am - 6:00 pm, Fridays 8:00 am - 5:00 pm

Bruin Guardian Scholars (BGS): Request to schedule a time to speak with Nomi Roman, LMFT or request a Bruin Guardian Scholar (BGS) Drop-in appointment.

School of Engineering: Days/Times to be determined

School of Law: Days/Times to be determined

Virtual Drop-in Hours
As a temporary alternative to our regular drop in consultations, our CAPS Virtual Drop-in Hours will provide free, confidential, brief support or mental health screenings for students starting week 3. During this 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. To schedule a drop in session, call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.

Drop-In Services at SAC and Kerkhoff coming soon in the fall! We are dedicating new centralized spaces for SAC and Kerkhoff communities (i.e. gym Resource Center communities, Transfer Student Center, Community Programs Office, Black Bruins Resource Center, LGBTQ Resource Center, GSRC). Please refer to our CAPS website for more information in the fall.

CAPS and USP will continue to offer virtual Drop-in Services on Thursdays 1:00 - 3:00 pm and drop in group, UndocuScholars, will run on Thursdays from 4 - 5:30 pm. Weeks 1 - 10.

Workshops & Trainings
Suicide Safe Training
The UCLA Suicide Safe Model aims to transform education to significantly reduce suicide by equipping multiple campus communities and stakeholders around suicide safety and response. This training is appropriate for all members of the UCLA community including campus partners, staff, faculty, and students who wish to better understand suicide and assist with its prevention outside of mental health settings. Suicide Safe training for ALL STUDENTS, STAFF and TAs will be on 10/19/21 10:00 am - 12:00 pm & 11/4/21 3:00 - 5:00 pm RSVP required.

Assisting Distrressed & Distressing Students
Faculty, TAs, and staff play a critical role in a student's university experience and are in a position to become aware of a student in distress even during remote learning. This workshop will help participants understand how to create a culture of health in their sphere of influence, what resources are available to students in distress, and how they can assist students in getting connected with them. Participants will also hear about emergency procedures regarding distressed or distressing students.

DAD for ALL STAFF and TAs will be on 10/12/21 5:00 - 6:30 pm & 10/29/21 12:00 - 1:30 pm RSVP required.


"Please note CAPS Workshops and Trainings will be done virtually via Zoom."

Please note: rsvp@caps.ucla.edu is meant for outreach requests and training reservations only. Most requests for outreach presentations require at least 3 weeks advance notice. Requests may be forwarded to other campus partners who may have similar offerings to the requests. For clinical matters, please contact your clinician securely using the Patient Portal on the CAPS website.

Resilience in the Student Experience (RISE)
Say hello to RISE! Resilience in the Student Experience (RISE), is an affiliate program and physical extension of Counseling and Psychological Services (CAPS). RISE serves as CAPS holistic wellness hub and provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being. Check out their Virtual Rise Center that offers live and pre-recorded opportunities for self-care, reflection, connection and restoration at risecenter.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.

We have two separate codes, one for therapy and the other for psychiatry. To receive these codes, please call the CAPS front desk at (310) 825-0768. Please note that 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.

Therapy Assisted Online (TAO)
TAO is a self-help platform built to support student educational and skill development needs in the areas of mental wellness and overall well-being. TAO self-help tools can be used when students need support with learning or communication issues such as: improving mood, calming anxiety, managing stress, and improving relationships. It is free for all UCLA students. counseling.ucla.edu/tao

Crisis Counseling available by phone 24 hours a day, 7 days a week at (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 the 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 brief screen 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 Supervision Services, students outside of California are eligible only for clinical coordination and referral to a provider in their local area based on student insurance plans.

John Wooden Center West
Monday, Tuesday, Thursday: 8:00am-5:30pm, Wednesday: 9:00am-5:30pm (By Appointment Only after 4pm), Friday: 8:00am-5:00pm (By Appointment Only after 3pm) www.counseling.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 in response to protective measures of social distancing for the COVID-19 virus, all Fall quarter groups at CAPS will be offered through a Zoom telehealth platform that meets strict HIPPA privacy guidelines. Students should arrange to be in a place that affords them privacy during the group session. Group leaders will be sending out instructions for how to log in to the group Zoom meeting through a secure message that can be accessed through the Ashe Patient Portal.

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

My Student Support Program (My SSP)
A new service to support the emotional health and wellbeing of our international students, called My Student Support Program (My SSP). If you are feeling overwhelmed with your studies, experiencing uncertainty over recent events, or have something else occupying your thoughts and need to speak to someone, My SSP can help!
Check out the My SSP app or visit counseling.ucla.edu/ssp for more information.

Crisis Counseling available by phone 24 hours a day, 7 days a week at (310) 825-0768.
**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 process? Members will continue the process of identifying their goals and exploring effective strategies to help break the cycle of anxiety. Mondays: 2:00 - 3:30 pm

**Anxiety Groups**
*Breaking Free From Anxiety:*
Are you coping with anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skill-based group uses cognitive-behavioral approaches to help participants identify and manage their anxiety. Tuesdays: 9:30 - 11:00 am

**Community-Focused Groups**
**Immigration-Impacted Student Support Group:**
This group is for any student who has immigration-related concerns, including undocumented students, students in mixed-status families, and students with an affiliation to a country of origin immigration status/temporary visas. This supportive space is designed to increase cultural awareness, foster belonging, and build community to discuss shared experiences and concerns. Topics may include: the unique challenges adjusting to UCLA, experiences with discrimination on campus and in the greater LA community, and exploration on immigration-specific issues.
Tuesdays: 3:00 - 4:30 pm

**FALL 2021 Virtual Therapy Group Offerings**

**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 process? Members will continue the process of identifying their goals and exploring effective strategies to help break the cycle of anxiety. Mondays: 2:00 - 3:30 pm

**Anxiety Groups**
*Breaking Free From Anxiety:*
Are you coping with anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skill-based group uses cognitive-behavioral approaches to help participants identify and manage their anxiety. Tuesdays: 9:30 - 11:00 am

**Community-Focused Groups**
**Immigration-Impacted Student Support Group:**
This group is for any student who has immigration-related concerns, including undocumented students, students in mixed-status families, and students with an affiliation to a country of origin immigration status/temporary visas. This supportive space is designed to increase cultural awareness, foster belonging, and build community to discuss shared experiences and concerns. Topics may include: the unique challenges adjusting to UCLA, experiences with discrimination on campus and in the greater LA community, and exploration on immigration-specific issues.
Tuesdays: 3:00 - 4:30 pm