

UCLA

# Counseling & Psychological Services

John Wooden Center West

Monday, Tuesday, Thursday: 8:00 am - 5:30 pm, Wednesday: 9:00 am - 5:30 pm, Friday: 8:00 am - 5:00 pm

(By Appointment Only after 4 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



## Make an Appointment

Appointments can be made over the phone and in person. 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 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.

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 some 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](http://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](http://www.livehealthonline.com)

### Welltrack Connect

Sometimes seeking therapy or medication services off-campus is your best option to address a particular concern or meet your individual needs.

One way to find off-campus therapy referrals is to use our online database. CAPS has partnered with Welltrack Connect to provide continue referral and linkage support to our students off-campus. For more information, head to [ucla.welltrack-connect.com](http://ucla.welltrack-connect.com)

## Resilience in the Student Experience (RISE)

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. As an extension of CAPS, RISE is committed to helping students build a strong foundation of resilience that includes caring for their mental wellness through daily practice.

Head to [risecenter.ucla.edu](http://risecenter.ucla.edu) for more information.



CORE (Compassionate Response) team is a new CAPS program that will provide mental health response to students in crisis on campus. The CORE team is comprised of CAPS clinicians who can deliver behavioral health and wellness checks, crisis support, and intervention services to registered UCLA students within the perimeters of the Westwood campus. The mission of the CORE program is to improve the response to students experiencing a mental health crisis by dispatching a mobile mental health counseling team, and minimizing the need for law enforcement whenever possible.

Head to [counseling.ucla.edu/core](http://counseling.ucla.edu/core) for summer hours and more information.



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, 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](mailto:advocate@careprogram.ucla.edu). For more information on resources and support, visit: [www.careprogram.ucla.edu](http://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. For more information, visit: [www.studentincrisis.ucla.edu](http://www.studentincrisis.ucla.edu).

# Summer 2026 Groups

## Therapy Groups

Therapy Groups require a clinician referral into the group. Open to students with and without SHIP



### Dissertation Writers 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 block, perfectionism, time management, confidence issues and conflicts with peers and professors.



### Graduate 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.

Tuesdays: 2 - 3:30 pm (In person)  
Wednesdays: 1 pm - 2:30 pm



### Undergrad Relationships Group:

For students who want to deepen self understand 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.



### Summer Drop-ins

Drop-in hours provide free, confidential, brief consultation for UCLA undergraduate and graduate students. These do not constitute mental health treatment. During the visit, a 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 website for specific details: <https://ucla.in/4e7f88J>

#### School of Dentistry (SOD)

Hours: Tuesdays and Thursdays 4 - 6 pm  
(Virtual or In Person)

Location: Suite 13-082E in SOD



In accordance with the University of California nondiscrimination policy as well as federal and state antidiscrimination law, all student organization memberships, programs, activities, and events are open to all UCLA students.



## take care of your mind

Crisis Counseling available by phone (310) 825-0768 24 hours  
[www.counseling.ucla.edu](http://www.counseling.ucla.edu)

### 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 - Thursdays 9 am - 4 pm and Fridays 9 am - 3 pm.



### 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 therapy sessions at no cost!

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

### CAPS x SWC LiveHealthOnline Program

SWC (USAC Student Wellness Commission) is working with CAPS to offer nonSHIP students a waiver to receive therapy and psychiatry from LiveHealthOnline at no cost! For more information on LiveHealthOnline, please visit our website

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

To submit an application, please call CAPS at 310-825-0768 for more information.



### Any Questions?

Any general inquiries about CAPS can be sent to [info@caps.ucla.edu](mailto:info@caps.ucla.edu)



### We Value Your Feedback!

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



### EPIC

Go to [caps.ucla.edu](http://caps.ucla.edu) and click on the blue "MyStudentChart" button at the top right to set up your account!

