

## Vision

To be a positive active agent of influence and change in the evolving campus community environment at UCSD by presenting



creative, inspiring, and strategic innovations in promoting the psychological wellness of students. We manifest our vision through the excellence of services that will support all students

in their educational goals and personal development as they matriculate, graduate, and select satisfying careers.

## WHO WE ARE AND WHO WE SERVE:

- ✦ We are a culturally diverse professional staff of PhD-level licensed psychologists, psychiatrists, post-doctoral fellows, and pre-doctoral psychology interns.
- ✦ Our services are available to all registered, undergraduate and graduate students including students at the School of Medicine and the Scripps Institution of Oceanography.
- ✦ Our services are free and confidential.

## TO MAKE AN APPOINTMENT

Call: (858) 534-3755

Monday - Friday 8:00 a.m. - 4:30 pm

# caps



Wellness Peer Educators

UC San Diego  
Counseling and Psychological Services

Central Office  
Galbraith Hall 190  
9500 Gilman Drive, MC0304  
La Jolla, CA 92093-0304

Phone: 858-534-3755  
<http://caps.ucsd.edu>

# caps

counseling and psychological  
services



Phone: (858) 534-3755

*A division of Student Affairs*

# caps

## WHAT WE DO:

Our mission is to promote the personal, social and emotional growth of students. We provide services and programs that will both enhance the college experience and help students develop effective coping skills. These services include . . .

- ✦ Individual, couples, and family counseling
- ✦ Groups, Workshops, and Forums
- ✦ Consultation and Outreach
- ✦ Peer Education

**WEBSITE:** <http://caps.ucsd.edu/>

CAPS website provides resources for students, parents, faculty, staff, and professionals.

Learn about our staff, groups and educational workshops, visit our self-help library, and get connected to other campus resources

## WHERE WE ARE:

Central	190 Galbraith Hall, Revelle College
Thurgood Marshall	Dean's Office, Administration Building
Muir	Academic Advising Office, HSS 2126
Revelle	Revelle College Admin Bldg
Eleanor Roosevelt	Administration Building, Room 310
Sixth	Pepper Canyon Hall 217
Warren	CSE Building
Women's Center	West Bldg 290, Original Student Center
Price Center East	Center for Student Involvement (CSI) 3 <sup>rd</sup> floor

## GROUPS, WORKSHOPS, AND FORUMS:

- ✦ Address a wide range of issues
- ✦ Allow students to engage with others in a supportive environment
- ✦ Give students an opportunity to share common issues and concerns
- ✦ Help reduce loneliness and isolation
- ✦ To learn more, visit <http://caps.ucsd.edu/>

### WORKSHOPS:

**PEACE OF MIND WORKSHOP SERIES:** Weekly 1-hour drop-in sessions on mindfulness, stress management, emotional coping and relationship skills, and making meaning in your life.

**FREE 2B ME:** Seven week long workshop focused on developing skills to stop binge eating or purging.

**GR8 W8 :** Educational and support that focuses on weight management, healthy lifestyles, nutrition, exercise, goal setting, and stress/time management

**MANAGING MOODS:** Three 1-hour sessions of proven techniques to change problematic moods and behaviors

**MINDFUL RELAXATION:** Practice mindfulness and relaxation exercises to calm your mind, improve your health, decrease anxiety, and promote balance in your life.

**QUESTIONING CAREER TRANSITION:** For Ph.D. students struggling with uncertainty about career trajectory.

**SELF-HYPNOSIS AND PEAK PERFORMANCE:** Training the mind for optimal athletic performance through self-hypnosis, visualization, and relaxation exercises.

**STRESS MANAGEMENT 101:** Experiential skill-building workshop on stress management principles.

**TEAM CAPTAINS:** Training for emerging leaders in team building, leadership skills, and effective communication.

### COUNSELING AND SUPPORT GROUPS:

**BREAKING FREE:** For students who have had some treatment for an eating disorder and wish to further their recovery

**BUILDING SOCIAL CONFIDENCE (BSC):** Uses combined educational and support approach to help students identify fears related to social situations and strengthen effective social skills.

**ADVANCED BSC:** For students who have completed one quarter of the Building Social Confidence group

**DEPRESSION-BIPOLAR SUPPORT:** Learning to manage difficult mood symptoms.

**GRIEF SUPPORT GROUP:** Education, discussion and support for students who have experienced the death of a loved one.

**GRADUATE STUDENT SUPPORT GROUP:** Weekly gatherings address complex issues of graduate student life including professional topics, personal wellness, interpersonal functioning and diversity

**KNOWING ME, KNOWING YOU:** For students dealing with relationship issues.

**RESILIENCY:** Explore your internal and external resources in order to increase your natural resiliency, cope with the stresses of life, and emerge from them stronger than before.

**SEXUAL ASSAULT SUPPORT GROUP:** For students struggling with a past or recent sexual assault

**VETERANS SUPPORT GROUP:** UCSD students who have been military members can experience the support of fellow Veterans and learn wellness enhancing skills

**WOMEN'S SUPPORT GROUP:** For undergraduate women who are interested in exploring personal growth issues related to identity, self-esteem, assertiveness, and relationships.

**FORUMS:** **GRADUATE WOMEN IN SCIENCE :** For women in underrepresented sciences fields.

**STUDENTS BEYOND BORDERS:** Informal drop-in forum for international students, where they can safely discuss things that matter to them and provide support for each other.

**OUTSIDE THE BOX:** For anyone with multiracial/multiethnic and other non-dominant identities to share their experiences