



Virtual Services

Clinical Services: At this time, CAPS is able to provide counseling and psychiatric services to individuals located in California. Students residing outside of California are eligible for clinical coordination and referral to a provider in their local area based on their insurance plans.

Brief Telephone Assessment: Speak with a CAPS mental health counselor for a confidential & free evaluation to help find the best service for your need. Go to <https://MyStudentChart.ucsd.edu> to schedule an appointment online. If you are currently residing out of state, call (858) 534-3755 to schedule a clinical coordination appt.

CAPS Video Visits: Confidential counseling and psychiatric services for registered UCSD students currently residing in California via telemedicine video visits with the MyStudentChart app. To start the process, schedule a Brief Telephone Assessment via phone at (858) 534-3755 or online at <https://MyStudentChart.ucsd.edu>

Crisis Counseling: For students in crisis, counselors are available and can be reached by calling our Central Office number at (858) 534-3755.

Non-Clinical Services: These options are available to all registered UCSD students, regardless of location.

Let's Talk: Informal consultation sessions designed to provide practical strategies, information, and support regarding general wellness-related issues. This is a great opportunity to chat with a CAPS counselor and ask questions about your well-being, accessing resources, and getting connected with CAPS. <https://caps.ucsd.edu/letstalk>

Virtual Drop-In Workshops: Educational and skill-building online Zoom workshops for students to learn new coping strategies. Learning these skills helps students to improve stress management and emotional regulation, build tools for resilience, and learn strategies for well-being. For a complete list of offerings: <https://caps.ucsd.edu/dropin>

Virtual Community Forums: Identity-based forums that allow students to connect with each other through a Zoom meeting. These are spaces for both undergraduate and graduate students to build community and maintain relationships with one another. They give students a space to build social connection during this time of physical distancing. Find our Community Forums schedule here: <https://caps.ucsd.edu/groups>

iFlourish: CAPS offers three self-guided technology programs that provide evidence-based interventions designed to reduce stress, anxiety, and depression. They are desktop, mobile, or tablet-friendly. They are free, anonymous, and available exclusively





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to UCSD students. Please sign up using your UCSD email address at <https://caps.ucsd.edu/iflourish>

