

UC RIVERSIDE

Counseling and Psychological Services

Virtual & in-person appointments are available!

UCR's Counseling & Psychological Services (CAPS) has been providing mental health care since 1963! Our office provides professional clinical counseling services designed to assist students in their personal, career, and social development.



counseling.ucr.edu

In-Person & Virtual Services:

- Individual Therapy
- Group Therapy
- Couples Therapy *(All partners must be registered UCR students)*
- Same-day Walk-In and Virtual Consultations
- 24/7 Phone Crisis Consultations
- Referrals and Resources
- Mental Health Education & Programming
- Biofeedback *(coming soon)*

Hours of Operation:

M, T, W, F: 8am - 5pm

TH: 9am - 5pm

*(*Closed daily for lunch 12-1pm)*

Walk-In Consultations:

M, T, W, F: 8:30am - 4:30pm

TH: 9:00am - 4:30pm

*(*Closed daily for lunch 12-1pm)*

Contact Us

Visit our NEW Student Health & Counseling Center (SHCC) building on 388 W. Linden St. (next to Lot 21)

For Appointments/Questions:

951-827-5531, Opt. 2

To Speak to a 24/7 Counselor:

951-UCR-TALK or 951-827-5531, Opt. 1



counseling@ucr.edu



[@ucr_caps](https://www.instagram.com/ucr_caps)

Frequently Asked Questions



Counseling and
Psychological Services

Q Who is eligible for CAPS Services?

A All registered UCR students are eligible!

Q Do I have to pay a fee for CAPS Services?

A No. Services are FREE to all registered UCR students.
Insurance is NOT required.

Q What are my counselor's qualifications?

A Our staff is diverse and composed of licensed psychologists, licensed marriage and family therapists, licensed clinical social workers, and supervised pre and post-doctoral interns.

Q Are my sessions confidential?

A All information gathered during counseling is confidential and can only be released with a student's written consent, or as required by law. See <https://counseling.ucr.edu/protecting-your-confidentiality>.

Q How do I start seeing a counselor?

A Call us at 951-827-5531, option 2 or visit the CAPS office.

Q What other resources are available?

A Visit our resource page at counseling.ucr.edu or scan the QR Code below:



24/7 Critical Resources

National Suicide & Crisis Lifeline:
988 or (800) 273-TALK (8355)

Crisis Text Line:
Text HOME to 741-741 to
chat with a trained crisis counselor

Inland Southern California Crisis Helpline:
(951) 686-HELP (4357)

The Trevor Project for LGBTQ+ Youth:
(866) 488-7386