



## QUESTIONS AND ANSWERS ABOUT UCR'S COUNSELING AND PSYCHOLOGICAL SERVICES (CONT.)

**Q.** How do I get started seeing a counselor?

**A.** Call (951) 827-5531 or stop by the CAPS office at:

University of California, Riverside  
Veitch Student Center, North Wing  
951-UCR-TALK • (951) 827-8255  
On Campus: 2-TALK (2-8255)  
[counseling.ucr.edu](http://counseling.ucr.edu)

**Q.** Are my counseling sessions confidential?

**A.** All information gathered during the course of counseling is confidential and can be released only with the student's written consent within the limits of the law.

**Q.** What other resources are available in our office?

**A.** Our office has many useful self-help booklets available on such topics as "Coping with Depression." We also have relaxation exercises available on our website, as well as other useful resources and referrals.

### HOURS

MTWF: 8 a.m. – 5 p.m.  
Thurs: 9 a.m. – 5 p.m.

### FOR AN APPOINTMENT

Call UCR's Counseling and Psychological Services during regular office hours

(951) UCR-TALK • (951) 827-8255  
Or (951) 827-5531  
On Campus: 2-TALK (2-8255)

### COUNSELORS ARE ALSO AVAILABLE BY PHONE

#### 24-hours Daily

(951) UCR-TALK • (951) 827-8255  
Or 951-827-5531  
On Campus: 2-TALK (2-8255)

### ADDRESS

UC Riverside Counseling and Psychological Services  
Veitch Student Center, North Wing  
Riverside, CA 92521  
[counseling.ucr.edu](http://counseling.ucr.edu)

*Made available by UCR's Counseling and Psychological Services*

[counseling.ucr.edu](http://counseling.ucr.edu)  
[counseling.ucr.edu](http://counseling.ucr.edu)

## CRITICAL RESOURCES

**RIVERSIDE HELPLINE 1-800-686-HELP**

1-(800) 686-4357 • (24 Hours)

**NATIONAL SUICIDE HOTLINE 1-800-SUICIDE**

1-(800) 784-2433 • (24 Hours)

**STUDENT HEALTH SERVICES (951) 827-3031**

This information is accurate and reliable as of the date of publication, but may change without notice. Please contact the department of Counseling and Psychological Services for the most up-to-date information. (06/18)

be well | STUDENT HEALTH AND WELLNESS SERVICES

# General Information



CALL 24-HOURS A DAY:  
**(951) UCR-TALK**  
(951) 827-8255

*UCR's Counseling and Psychological Services (CAPS) office provides specialized professional services designed to assist students in their personal, career, and social development.*

Accredited by  
*The International Association of Counseling Services, Inc.*

## CLINICAL AND COUNSELING SERVICES

**We can help!** People come to UCR's Counseling and Psychological Services (CAPS) office seeking help for a range of concerns such as stress and anxiety, depression, interpersonal relationships, eating disorders, identity concerns or life transitions. Both individual and group sessions are available.



**We offer various types of group counseling including:** groups to address specialized issues such as depression, anxiety and low self-esteem and groups that focus on understanding relationships with others.

**Couples Counseling is available for students and their partners** to help resolve relationship difficulties.

## WORKSHOPS AND PRESENTATIONS

**UCR's Counseling and Psychological Services office offers a variety of workshops related to academic and personal issues throughout the year.** Examples of possible topics include assertiveness training, stress management, eating disorders, and communication skills. Outreach presentations are primarily informational and educational in nature. Possible topics may include an orientation to our services and how to refer a distressed student. Our professional staff also support the work of other departments by providing workshops, training sessions, and presentations.

## CONSULTATION

**UCR's CAPS staff provides telephone and in-person consultation** to faculty, staff, students, and parents who are concerned about the welfare of students, who wish information about how to make a referral, or who would like to discuss or learn about psychologically-related situations or material.

## PSYCHOLOGICAL ASSESSMENT

**Psychological assessment may be incorporated into the counseling process** to assist with the diagnosis and understanding of client concerns.

**Vocational testing helps to assess** what people do well, what they might be interested in doing, and what may lead to long-term satisfaction.

In addition, **our office provides a service to UCR students and area residents by serving as a national test center**, supervising the administration of national and state qualifying examinations such as the LSAT and MPRE.

## BIOFEEDBACK

**Biofeedback training is often used for stress related symptoms such as generalized stress and tension, headaches, test anxiety, phobias, and sleep disorders.** Biofeedback involves monitoring psycho-physiological processes that are normally outside of an individual's awareness. As individuals become more aware of their physiological responses, they may modify them.

counseling.ucr.edu

## QUESTIONS AND ANSWERS ABOUT UCR'S COUNSELING AND PSYCHOLOGICAL SERVICES

**Q. Who is eligible for services provided by UCR's Counseling and Psychological Services?**

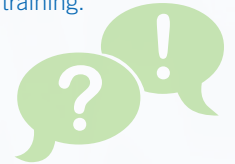
**A. All students who pay a registration fee are eligible for UCR's Counseling and Psychological Services.** Sometimes other persons important in your life such as spouses, partners, parents, children or friends may be involved in counseling sessions with you. The decision to involve others will be determined by you and your counselor. Faculty and staff who are in crisis may be seen for one session or for a referral to counselors in the community.

**Q. Do I have to pay a fee for UCR's Counseling and Psychological Services?**

**A. Students who are currently enrolled at UCR and have paid registration fees receive core counseling and psychological services.** University insurance is not required.

**Q. What are my counselor's qualifications?**

**A. Our staff is ethnically diverse and composed of licensed psychologists, marriage and family therapists, and psychology interns** completing their counseling or clinical psychology doctoral training.



**UCR** | Counseling and Psychological Services



counseling.ucr.edu

GENERAL INFORMATION