

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Supporting Your Well-Being During Uncertain Times



Counseling and Psychological Services (CAPS)

CAPS provides counseling, workshops, and community connections for UC San Diego students. We also provide outreach programs and consultation services to the campus community.

OUR SERVICES

Counseling and Psychological Services (CAPS)



Counseling Services

Appointments

Call (858) 534-3755 to schedule an appointment. You can view/cancel your appointments in MyStudentChart.

APPOINTMENTS

Crisis and Emergency Services

CAPS provides 24/7 urgent or crisis counseling. Call (858) 534-3755 (Option 2 outside business hours) to speak with a counselor.

LEARN MORE

Groups, Workshops & Community Connections

CAPS offers a large selection of psychotherapy group, workshops, and community connections.

GROUP OFFERINGS

Request a Presentation, Program, or Event

From CAPS

Request a presentation, program, or event from CAPS staff on mental health and well-being topics. Please note that requests should be made at least 3 weeks in advance.

REQUEST FOR CAPS

From Graduate and Professional Student Well-Being (GAPSWell) Associates

For our GRADUATE AND PROFESSIONAL SCHOOL students, our new Graduate and Professional Student Well-Being Associates (GAPSWell) can provide presentations and outreach services on well-being topics.

REQUEST FOR GAPSWELL

Free Online Behavioral Health Screenings

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional.

LEARN MORE

Events // Programs // Resources

See what's happening at CAPS this week and quarter

[CAPS CALENDAR](#)

Resources for Graduate and Professional Students

[CAPS4GAPS](#)

Free self-care tech resources with iFlourish

[SEE ALL IFLOURISH APPS](#)

Virtual Resources

CAPS provides video visits for counseling and psychiatry services via the MyChart app

[CAPS VIDEO VISITS](#)

LiveHealth Online provides additional telehealth services for UC San Diego students

[GO TO LHO](#)

Willo integrates UC San Diego's extensive mental health and well-being services into one intuitive app

[DOWNLOAD APP](#)

Popular Links

Handouts

- [Stress Less \(PDF\)](#)
- [Mood Management \(PDF\)](#)
- [Sleep Hygiene \(PDF\)](#)
- [50 Wellness Tips \(PDF\)](#)

Counseling Forms

- [CAPS Services Video 2023-24](#)
- [CAPS Video Visit Tip Sheet \(PDF\)](#)
- [Release of Information Form \(Blank\) \(PDF\)](#)
- [Release of Information Form to Student Affairs \(PDF\)](#)

Request a Presentation

- [Presentation by CAPS](#)
- [Presentation from Graduate and Professional Student Well-Being Associates \(GAPSWell\)](#)

Contact Us

Phone: (858) 534-3755

Fax: (858) 534-2628

Message your Provider: [MyStudentChart](#)

Address:

9500 Gilman Drive, 0304

La Jolla, CA 92093-0304

Hours & Locations

Days: Monday - Friday

Hours: 8:00am–4:30pm

Central Office & Urgent Care: [Galbraith Hall 190](#)

College & Satellite Offices: [Locations Page](#)

* Offices closed during University holidays

Feedback

Clinical Care or Services: [CAPS Feedback](#)

Presentations/Programs: [Program Eval Survey](#)

SEXUAL MISCONDUCT REPORTING

Connect With Us

[Facebook](#)

[Instagram](#)

[YouTube](#)

SIGN UP FOR OUR WEEKLY NEWSLETTER

UC San Diego 9500 Gilman Dr. La Jolla, CA 92093 (858) 534-2230

Copyright © 2025 Regents of the University of California. All rights reserved.