



CALL 24-HOURS A DAY:
(951) UCR-TALK | (951) 827-8255
COUNSELING.UCR.EDU

QUESTIONS & ANSWERS

- 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 immediate support and referral to appropriate resources.
- Q Do I have to pay a fee for UCR’s Counseling and Psychological Services?**
A No. Services are FREE to all registered 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 psychology interns. Clinicians are trained to provide services that are inclusive and respectful of our diverse campus.
- Q How do I get started seeing a counselor?**
A Call **(951) 827-5531** or visit the CAPS office: University of California, Riverside **Health Service Building, North Wing** (951) UCR-TALK • (951) 827-8255 On Campus: 2-TALK (2-8255) **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?**
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.

UCR | Counseling and Psychological Services

CONTACT US

LOCATION
UCR Counseling and Psychological Services
Health Service Building, North Wing
Riverside, CA 92521

OFFICE HOURS (closed daily, 12–1 p.m.)
M, T, W & F: 8 a.m. – 5 p.m.
TH: 9 a.m. – 5 p.m.

WALK-IN CONSULTATIONS (closed daily, 12–1 p.m.)
M, T, W & F: 8:30 a.m. – 4:30 p.m.
TH: 9 a.m. – 4:30 p.m.

SPEAK TO A COUNSELOR 24/7
951-UCR-TALK (827-8255)

MAKE AN APPOINTMENT
(Appointment line is only active during office hours.)
951-827-5531

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24/7 CRITICAL RESOURCES

RIVERSIDE HELPLINE | 800-686-HELP (686-4357)

NATIONAL SUICIDE HOTLINE | 800-SUICIDE (784-2433)

THE TREVOR PROJECT | 866-488-7386

TRANS LIFELINE | 877-565-8860
(7-1 a.m. PST) • translifeline.org

CRISIS TEXT LINE
crisistextline.org

How It Works: Text “Home” to 741-741 at any time, and from anywhere in the US, to chat with a trained crisis counselor.

This information is accurate and reliable at the time of publication but may change without notice. Please contact Counseling and Psychological Services for the most up-to-date information. (02/20)

General Information

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

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UCR | Counseling and Psychological Services

Accredited by
International Accreditation of Counseling Services (IACS)



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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, mental health crises, 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 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 their friends/families who are concerned about the welfare of students, who need information about how to make a referral, or who would like to discuss or learn about psychologically-related situations or material.

RESOURCES

Our website has a number of mental health resources available for reading and download. Mental health trainings, access to the "Red Folder," a guide to supporting students in crisis, and "Promoting Student Mental Health," a guide for UC Faculty and Staff," are just a few of the resources that can be found here. Visit mentalhealth.ucr.edu for more information and valuable resources.

PSYCHOLOGICAL ASSESSMENT

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