

OFFICE HOURS

M, T, W, F: 8 AM - 5 PM
TH: 9 AM - 5 PM

WALK-IN CONSULTATIONS

M, T, W, F: 8:30 AM - 4:30 PM
TH: 9AM - 4:30PM

**Closed daily for lunch 12-1PM*

 **WE OFFER...**

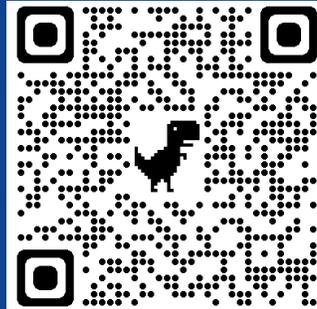
- Individual Therapy
- Group Therapy
- Couples Therapy
- Same Day Walk-Ins for Urgent Needs
- Virtual Consultations
- 24/7 Phone Crisis Consultation
- Referrals and Resources
- Mental Health Education & Programming
- Biofeedback (*coming soon*)

VIRTUAL AND IN PERSON APPOINTMENTS ARE AVAILABLE!

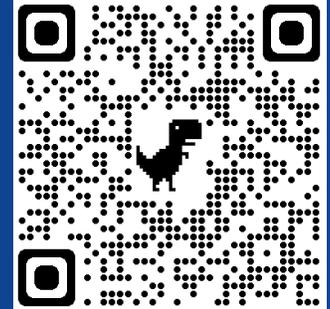
Services are **FREE to all registered UCR students!*

CAPS RESOURCES

CAPS WEBSITE



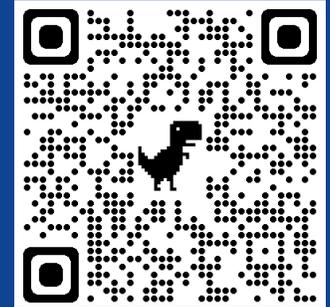
INSTAGRAM



RED FOLDER



PATIENT PORTAL



**Come visit our office at the Student Health and Counseling Center (SHCC)
388 West Linden Street, next to Lot 21**

Interested in our services?

For Appointments/Questions, call 951-827-5531 and select OPTION 2
To speak to a 24/7 Counselor, call 951-827-5531 and select OPTION 1



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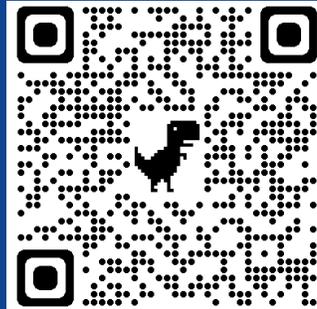
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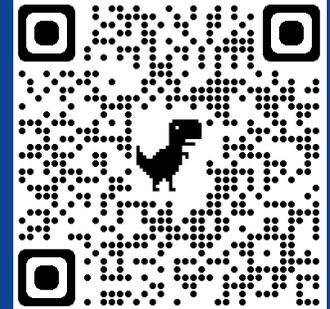
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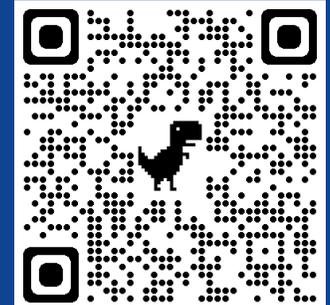
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