



Counseling and  
Psychological Services

Call (951) 827-5531  
to make an  
appointment

- CAPS provides FREE confidential talk therapy by a variety of mental health professionals.
- Individual and group tele-therapy sessions are available currently for same week appointments.
- Virtual walk-in and 24/7 crisis consultations available by calling our main line above.

FOR MORE INFORMATION VISIT:  
[COUNSELING.UCR.EDU](http://COUNSELING.UCR.EDU)



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