

学校：UC San Diego

咨询中心名称：CAPS

校园咨询中心官方网站：<https://caps.ucsd.edu/>

收费：根据保险有不同标准，参考网站：

<https://caps.ucsd.edu/make-appointment/appointments.html#Referral-Services>

COVID 相关：hybrid 模式，in-person visit 可以在 myStudentChart 上根据时间地点预约。

## 联系方式

Phone：858-534-3755

预约方式：电话预约进行 BTA test，再进行后续的预约。

Portal: 通过 myStudentChart 预约，<https://mystudentchart.ucsd.edu/shs/Authentication/Login?>

Location:

- Central office: Galbraith Hall 190
- 每个学院都有不同的 office，参考网站：

<https://caps.ucsd.edu/about/locations.html#Revelle-College>

工作时间：

- Mon-Fri, 8am-4pm
- 其余时间可电话进行 24h 咨询

## 服务

- Counseling and Psychiatry Services: provides individual, group, couples, and family psychotherapy to registered undergraduate and graduate students; a hybrid model (both in-person and video/phone) for counseling and psychiatry visits; 通过 BTA 免费预约 or call (858) 534-3755
- Crisis / Urgent Care Services 紧急情况发生时:  
By Phone: 858-534-3755; Urgent Care Hours: 8:00am-4:00pm; Location: Galbraith Hall 190 (Revelle College)
- 心理健康服务 Non-clinical services to all students :

- Let's Talk
- Virtual Drop-in Workshops
- Virtual Community Forums
- iFlourish