The Let's Talk program provides easy access to informal, brief, drop-in consultations with counselors from UC Berkeley's Counseling and Psychological Services (CPS). Let's Talk is available at various locations across campus. No appointment is necessary, there is no paperwork to complete. Visits are first come, first serve and the wait time to see the Let's Talk Counselor is usually very brief. Any student is welcome to visit Let's Talk.

Speaking with a counselor in a confidential setting can help you access support, provide perspective, help you explore resources and options and discuss how counseling might be helpful. "Let's Talk" is designed for students who are wanting to talk to a counselor casually. It is not appropriate for students needing urgent help. If you are in crisis, please call or go to the Tang Center.