Let’s Talk!
Drop-In Consultations

Informal, brief, free consultations with UHS mental health counselors

The counselors have expertise and competency in working with underrepresented students on campus. All counselors work with students who are experiencing symptoms of anxiety, depression, relationship concerns, and are managing the impact of living in a pandemic and remote learning.

**DROPP-IN HOURS**

To sign up for a Virtual Let’s Talk Consultation,
1) Visit our virtual Let’s Talk at uhs.berkeley.edu/letstalk or scan the qr code on the right
2) Click on the counselor’s WeJoinin link and
3) Follow the counselor’s instructions for signing up for a consultation slot.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

COUNSELORS

**Adisa Anderson, PhD**
- African American Student Development
- Men’s Issues
- Multicultural and Social Justice Counseling
- Students of Color

**Chiyon Won, PsyD**
- African American Student Development
- First Generation Student Concerns
- Family of Origin Issues
- Mood Disorders

**Jeff Lee, LCSW**
- Mindfulness, Activity, and Nature for Wellness
- Underserved Populations
- Transitions

**Paige Lee, PhD**
- Multicultural Counseling
- Academic/Career
- Identity Development
- First Generation Students
- Student Athletes

**Cynthia Medina, PhD**
- Multicultural & Intersecting Identities
- First Generation Students
- Students of Color
- Student Athletes

**Veronica Orozco, PhD**
- Students of Color
- First Generation Students
- Family and Relationships
- Grief and Loss
- Transfer/Re-entry Students

**Junichi Shimaoka, PsyD**
- Personal/Cultural Identity
- Relationship Concerns
- Gender & Sexuality Concerns
- API & International Students

**Sam Tourek, PhD**
- Multicultural Counseling
- Men’s Issues
- Student Athletes
- Cal Band

**Chiyon Won, PsyD**
- First Generation Student Concerns
- Family of Origin Issues
- Mood Disorders

**COUNSELING + PSYCHOLOGICAL SERVICES**
2322 Bancroft Way, 3rd Floor, Berkeley, CA 94720
uhs.berkeley.edu/counseling
(510) 642-9494