

Let's Talk! Drop-In Consultations

Virtual!
Spring 2021

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.

DROP-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.



	MON	TUE	WED	THUR	FRI
10am		Chiyon Won 10am-12pm			Veronica Orozco 10am-12pm
11am	Veronica Orozco 11am-12pm				
12pm					
1pm		Junichi Shimaoka 1-3pm			Sam Tourek 1-3pm
2pm			Erin O'Connor & Kiet Huynh 2-4pm	Adisa Anderson 2-4pm	
3pm	Shanta Jambotkar 3-5pm	Paige Lee 3-5pm			
4pm			Cynthia Medina 3-5pm	Jeff Lee 4-6pm (APASD)	
5pm					

COUNSELORS



Adisa Anderson, PhD

- African American Student Development
- Men's Issues
- Multicultural and Social Justice Counseling
- Students of Color



Kiet Huynh, PhD

- LGBTQIA+ topics (Q-Talk)
- Students of Color
- First-Generation Students
- Coping with Discrimination, Stigma, and Prejudice



Shanta Jambotkar, LCSW

- Healing After Trauma
- LGBTQIA+ & TGNCNB Support (Q-Talk)
- BIPOC & SSWANA Students
- SVSH Support



Jeff Lee, LCSW

- Mindfulness, Activity, and Nature for Wellness
- Underserved Populations
- Transitions



Paige Lee, PhD

- Multicultural Counseling
- Academic/Career
- Identity Development
- Family of Origin
- First Generation Students



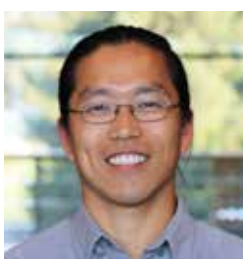
Cynthia Medina, PhD

- 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



Erin O'Connor, LCSW

- Trauma & Sexual Violence
- Body Image & Holistic Wellness
- Students with Basic Needs Insecurity
- Muslim 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

