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.

DROPPIN 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.

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<td>10am</td>
<td>Chiyon Won 10am-12pm</td>
<td>Veronica Orozco 10am-12pm</td>
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<td>Veronica Orozco 1-3pm</td>
<td>Junichi Shimaoka 1-3pm</td>
<td>Erin O’Connor 2-4pm</td>
<td>Sam Tourek 2-4pm</td>
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COUNSELORS

Adisa Anderson, PhD
- Grief and Loss during COVID
- Coping with Racism and Bicultural Identity Conflicts
- Navigating Family & Relationship Difficulties
- API Students

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

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
- Trauma and Sexual Violence
- Holistic Health and Wellness
- Body Image/Eating Disorders
- 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

COUNSELING + PSYCHOLOGICAL SERVICES
2322 Bancroft Way, 3rd Floor, Berkeley, CA 94720
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(510) 642-9494