ABOUT LET’S TALK

The Let’s Talk program provides easy access to informal, brief, drop-in consultations with counselors from UC Berkeley’s Counseling and Psychological Services (CAPS).

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.

LET’S TALK AT 150 CÉSAR E. CHÁVEZ

Monday
Yi Du: 12-3pm
Shanta Jambotkar: 3-5pm

Tuesday
Kusha Murarka: 11am-1pm
Kate Zuby: 1-3pm
Paige Lee: 3-5pm

Wednesday
Veronica Orozco: 11am-1pm
Cynthia Medina: 2-4pm

Thursday
Jeanine Baillie: 12-1:30pm
Adisa Anderson: 2-4pm

Friday
Nadia Damani-Khoja: 10-12pm
Sam Tourek: 3-5pm

LET’S Q-TALK (drop-in for LGBTQ related issues)

Tuesday
Tobirus Newby: Tuesdays, 5-6:30pm (Room 150 Chávez)

Thursday
Elizabeth Aranda: Thursdays 10:30am-12pm (Room 150 Chávez)

LET’S TALK AT SATELLITE LOCATIONS

Let’s Talk - APASD
Jeff Lee: Tuesdays 4-6pm (Chávez, Room 249)

Let’s Talk - Graduate Assembly (Graduate Students only)
Amy Honigman: Mondays 2-3pm (Eshleman Hall, Room 444D)

Let’s Talk - Hildebrand Hall
Yu Bi: Tuesdays 2-4pm (Room B-52)
Yu Bi: Fridays 10am-12pm (Room B-52)

Let’s Talk - Multicultural Community Center (MCC)
Elizabeth Aranda: Fridays 10am-3pm (Walk into MCC and ask for Elizabeth)

Let’s Talk - Residential Life
Aaron Cohen: Thursdays 3-5pm (2610 Channing Way, Room 434)