ABOUT LET’S TALK

The Let’s Talk program provides easy access to informal, brief, drop-in consultations with mental health counselors from University Health Services.

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
Veronica Orozco: 11am-12pm

Tuesday
Paige Lee: 3:50pm

Wednesday
Tiffany Hsiang Lin: 10-11am
Cynthia Medina: 3-5pm

Thursday
Adisa Anderson: 2-4pm

Friday
Veronica Orozco 10am-12pm
Sam Tourek: 3:15-5pm

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

Monday
Shanta Jambotkar: 3-5pm, 150 Chávez

LET’S TALK AT SATELLITE LOCATIONS

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

Let’s Talk - Graduate Students
Amy Honigman: Mondays 2-3pm (444D Eshleman)
Schedule initial consultation by phone, (510) 664-5117

Let’s Talk - Hildebrand Hall
Yu Bi: Tuesdays 2-4pm (Room B-40/40A)
Yu Bi: Fridays 10am-12pm (Room B-40/40A)

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