# Virtual Group Counseling

Weekly groups on topics such as worry and stress, positive connections in the age of corona, mindfulness meditation, understanding self and others, reducing insomnia, career planning, and more.

**Virtual Let's Talk:**

Need to Talk to Someone?

Virtual Let's Talk: An informal, brief, free drop-in consultation with a UHS mental health counselor. Mon-Fri.

Virtual Group Counseling: Weekly mental health counselor. Mon-Fri.

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