**Let’s Talk**

Let’s Talk is a drop-in service that offers **informal, brief, and confidential meetings** with a CHC counselor.  You don’t need to make an appointment or fill out any paperwork. Let’s Talk counselors can listen to problems, help you explore solutions, and introduce you to what it’s like to talk with a counselor. It is designed for students who want to talk to a counselor casually; it is not appropriate for students needing urgent help.

Let’s Talk consultations are:

* FREE for Clark students
* Offered first-come, first-served (no appointment necessary), and usually about 20 minutes long
* Confidential
* Informal, and not intended to be a substitute for traditional counseling

Other options for care through CHC include individual counseling, [group counseling](https://www.clark.edu/campus-life/student-support/counseling/support.php), and [workshops](https://www.clark.edu/campus-life/student-support/counseling/support.php). In a crisis, please call 911 or a crisis line. Visit our [website](https://www.clark.edu/campus-life/student-support/counseling/support.php) for more information on crisis resources, to make an appointment, or to register for a group or workshop. Or reach out at 360-450-3906 (phone/text) or chc@clark.edu.

Let’s Talk was created by counseling staff at Cornell Health and is nationally recognized for its success in increasing student access to mental health care. It has been adopted by nearly 100 universities and colleges nationwide.

**Fall 2021 locations & hours**

Let’s Talk is currently being provided on Zoom. Click on the link below to meet with the Let’s Talk counselor. Students are seen individually on a first-come, first-served basis. There may be a wait in the virtual waiting room if the counselor is seeing another student. Please wait and we will be with you as soon as we can.

Thursdays:

* 2:00-4:00pm
* Counselor: [Dr. Bevyn Rowland](https://www.clark.edu/campus-life/student-support/counseling/counselors.php)
* Zoom Link: <https://us02web.zoom.us/j/86816193044>