

LET'S TALK

SPRING 2025: MARCH 31–JUNE 6

Mondays, 12-12:30pm



Tong-An "Fred" Shueh, Ph.D.

Specialty: Biofeedback, mindfulness meditation, stress /anxiety management, adjustment, acculturation.

Populations: CSE graduate students, international students

Languages: English & Mandarin

Tuesdays, 2-2:30pm



Sasha Llamas, LCSW

Specialty: Stress/anxiety management, imposter syndrome, mind-body connection, creativity, positive psychology.

Populations: Undergraduate students, graduate/professional students

Languages: English & Spanish

Wednesdays, 2-2:30pm



Nicole Matei, Psy.D.

Specialty: Anxiety, depression, self-compassion.

Populations: Undergraduate students, graduate/professional students

Thursdays, 4-4:30pm



Tyler Hatchel, Ph.D.

Specialty: Motivation, focus, technology, professional relationships, career discernment, romance, sexuality.

Populations: LGBTQ students, graduate/professional students, undergraduate students

Fridays, 12-12:30pm



Wenhsin Chang, Ph.D.

Specialty: Relationship, self-compassion, mindfulness, career-related concerns.

Populations: International students, undergraduate students, graduate/professional students

Languages: English & Mandarin

Fridays, 12:30-1pm



Haile Wright, LCSW

Specialty: Anxiety, mindfulness, identity exploration.

Populations: Transfer students, Black/POC students

Please note that students can sign up to meet with any counselor. Students don't need to match with the "specialty" or population listed.



Let's Talk offers a space for students to receive practical strategies, information, and support regarding general wellness-related issues. This is a great opportunity to chat with a therapist and ask questions about your well-being, accessing resources, and getting connected to CAPS. All students are welcome. To learn more go to: <https://caps.ucsd.edu/letstalk>

caps.ucsd.edu // @ucsdshw

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LET'S TALK SESSIONS ARE...

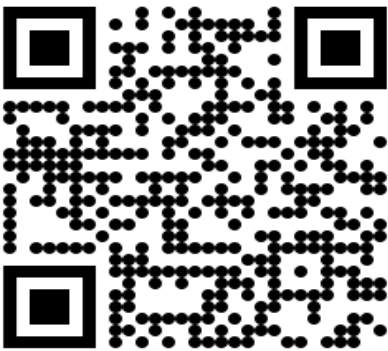
- 1-1 informal consultations with a UC San Diego mental health professional
- FREE for all students
- Offered first-come, first-served
- Typically run 20-25 minutes

Let's Talk counselors can listen to specific problems, help explore solutions, and introduce you to what it's like to speak with CAPS staff.

**Students are limited to 2 sessions per quarter*

WIN A \$25 GIFT CARD!

We are also pleased to offer a weekly drawing for a \$25 gift card for those who complete the feedback survey. If you are interested, please add your email address on the last question of the feedback survey to enter the random drawing.



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.

In accordance with applicable Federal and State law and University policy, the University of California does not discriminate, or grant preferences, on the basis of race, color, national origin, religion, sex, disability, and/or other protected categories.

Review [Proposition 209](#). Learn more about the [University of California Anti-Discrimination Policy](#).

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