

LET'S TALK

SPRING 2024: APRIL 1–JUNE 7

Mondays, 12-12:30pm



"Fred" Tong-An Shueh, Ph.D.
Specialty: Biofeedback, mindfulness meditation, stress /anxiety management, adjustment, acculturation.
Populations: CSE graduate students, international students
Languages: English & Mandarin

Mondays, 12:30-1pm



Haim Shemer, Psy.D.
Specialty: Stress/anxiety management, mindfulness, self love, compassion.
Populations: Physical Science Students, Graduate/Professional students
Languages: English & Hebrew

Tuesdays, 12-12:30pm



Haile Wright, LCSW
Specialty: Anxiety.
Populations: Transfer students, Black/POC students

Tuesdays, 3:30-4pm



David Kersey, M.D.
Specialty: Chronic/serious medical conditions.
Populations: LBGTQIA+ students

Wednesdays, 11-11:30am



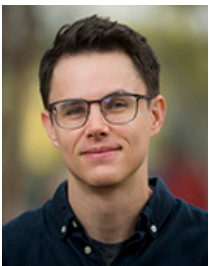
Louie Limas, Ph.D.
Specialty: Anxiety, depression, esports.
Populations: APIMEDA, graduate students

Wednesdays, 3-3:30pm



Cassandra Lawson, Psy.D.
Specialty: Stress/anxiety management, imposter syndrome, mindfulness, interpersonal relationships.
Populations: Graduate students, LBGTQIA+ students

Thursdays, 2-2:30pm



Tyler Hatchel, Ph.D.
Specialty: Motivation, focus, professional relationships, career discernment, romance, sexuality.
Populations: LBGTQIA+ students, graduate/professional students

Fridays, 12-12:30pm



Wenhsin Chang, Ph.D.
Specialty: Relationship, self-compassion, mindfulness, career-related concerns.
Languages: English & Mandarin

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

Find instructions on how to sign-up and more info: <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

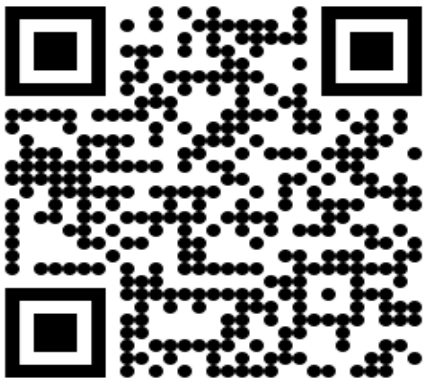
Let's Talk counselors can listen to specific problems, help explore solutions, and introduce you to what it's like to speak with CAPS staff.

Let's Talk is not professional counseling. It is not appropriate for urgent concerns or mental health emergencies. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534-3755 to arrange an appointment.*

**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

