

LET'S TALK

WINTER 2024: JANUARY 8–MARCH 15

Mondays, 12-12:30pm



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

Specialty: CSE graduate students, biofeedback, mindfulness meditation, stress/anxiety management, adjustment & acculturation, and international students. Languages: English & Mandarin

Tuesdays, 12-12:30pm



Haile Wright, LCSW

Specialty: Transfer students, Black/POC experience, anxiety issues.

Tuesdays, 3:30-4pm



David Kersey, M.D.

Specialty: LBGTQIA+ students, chronic and serious medical conditions.

Wednesdays, 12:30-1pm



Cassandra Lawson, Psy.D.

Specialty: Graduate students, stress/anxiety management, LBGTQIA+, imposter syndrome, mindfulness, interpersonal relationships.

Wednesdays, 5-5:30pm



Tyler Hatchel, Ph.D.

Specialty: LBGTQIA+, motivation & focus, professional relationships, career discernment, romance & sexuality.

Thursdays, 2-2:30pm



Louie Limas, Ph.D.

Specialty: APIMEDA, graduate students, esports.

Fridays, 12-12:30pm



Wenhsin Chang, Ph.D.

Specialty: Relationships, self-compassion, mindfulness, career-related concerns. Languages: English & Mandarin

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.

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.

Find instructions on how to sign-up and more info: <https://caps.ucsd.edu/letstalk>



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*

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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