LET’S TALK
WINTER 2023: JANUARY 9 – MARCH 17

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

Mondays, 12–1pm
David Kersey, MD
Specialty: School of Medicine/Pharmacy students, LGBTQ+, chronic and serious medical conditions.

“Fred” Tong-An Shueh, PhD
Specialty: CSE graduate students, biofeedback, mindfulness meditation, stress/anxiety management, adjustment & acculturation, and international students. Languages: English & Mandarin

Tuesdays, 12–1pm
Haile Wright, LCSW
Specialty: Transfer students, Black/POC experience, anxiety issues.

Wednesdays, 12–1pm & 5–6pm
Tyler Hatchel, PhD
Specialty: LGBTQ+, motivation & focus, professional relationships, career discernment, romance & sexuality.

Thursdays, 2–3pm
David Diaz, PhD
Specialty: First-generation college students, Latinx, imposter syndrome, managing anxiety, interpersonal/social concerns, self-compassion, and mindfulness.

Fridays, 12–1pm
Wen-hsin Chang, PhD
Specialty: Relationships, self-compassion, mindfulness, career-related concerns. Languages: English & Mandarin

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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