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 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* 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.

---

Mondays, 12–1pm

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

Mondays, 1–2pm

“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, 12–1pm

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

---

https://caps.ucsd.edu/letstalk