

# LET'S TALK

FALL 2022: SEPTEMBER 6 – DECEMBER 12

## Mondays, 12–1pm



**David Kersey, MD**

**Specialty:** Graduate, professional, and school of medicine/pharmacy students, LGBTQ+, chronic and serious medical conditions.

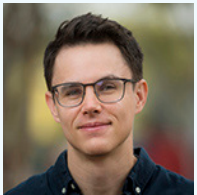
## Tuesdays, 12–1pm



**Haile Wright, LCSW**

**Specialty:** Transfers, graduate and professional students, Black/POC experience, anxiety issues.

## Wednesdays, 12–1pm & 5–6pm



**Tyler Hatchel, PhD**

**Specialty:** LGBTQ+, graduate & professional students, motivation & focus, professional relationships, career discernment, romance & sexuality.

## Thursdays, 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

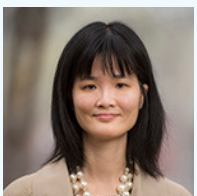
## Thursdays, 2–3pm



**Mariel Ruiz Stasiuk, PsyD**

**Specialty:** Sport & performance psychology, self-efficacy, veteran and/or military connected students, stress reduction, sleep, managing anxiety. Languages: English & Spanish

## Fridays, 12–1pm



**Wen-hsin Chang, PhD**

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

## LET'S TALK SESSIONS ARE...

- 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.*

## UC San Diego

**STUDENT HEALTH AND WELL-BEING**  
Counseling and Psychological Services

[caps.ucsd.edu](https://caps.ucsd.edu) // @ucsdshw