

OFFERING FOR WINTER 2022

# LET'S TALK

Informal one-on-one well-being consultations for students at the School of Medicine

Informal one-on-one CAPS consultations for issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let's Talk provides practical strategies, information, and support for general well-being issues.

**January 3 – March 11**



**Haile Wright, LCSW**  
Wednesdays, 12–1pm



**David Kersey, MD**  
Thursdays, 12–1pm

Please select one or two 15-minute slots. Meetings are conducted via Zoom or in-person at MET 201. Students can sign-up for two Let's Talk consultations per quarter.

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

*This meeting is not professional counseling. 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

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