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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