

VIRTUAL OFFERING FOR WINTER 2022

LET'S TALK

Informal well-being consultations via Zoom
for transfer students

Facilitated by:
Emily Limas, PhD
CAPS Psychologist



Informal support with issues such as transitioning to UC San Diego, stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let's Talk sessions are designed to provide practical strategies, information, and support regarding general well-being related issues.

Tuesdays 3–4 PM PST

Meetings are 30 minutes via Zoom. 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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