

VIRTUAL OFFERING FOR WINTER 2021

LET'S TALK

Informal CAPS Consultations via Zoom for
Graduate and Professional School Students

Facilitated by:



Dr. Tyler Hatchel



Dr. Christina Lambert



Dr. Haim Shemer

Informal support with issues such as 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 wellness-related issues.

Winter 2021

Dr. Lambert: Wednesdays 9 - 11:30 AM

Dr. Hatchel: Wednesdays 1 - 3:30 PM

Dr. Shemer: Thursdays 2 - 3:00 PM

Please look for an email from your graduate coordinator with more details, including the sign-up and Zoom links. The sign up process is anonymous. At the beginning of the conversation you will be asked for your name, student ID, and location.

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



CAPS4GAPS

Counseling and Psychological Services for
Graduate and Professional School Students

UC San Diego

GRADUATE DIVISION