



How does it work?

Drop in for a brief, informal, friendly, no-cost consultation. Speaking with a counselor can provide insight, solutions, and information about resources.

Conversations during Let's Talk are confidential (unless there is a situation where your safety or the safety of others is a concern) and not part of your official university student record.

What is discussed?

No topic is off limits. Students often discuss issues related to stress, worry, sadness, relationships, academic performance, family problems, or financial struggles.

Who should visit?

Any student can come to Let's Talk, but it's the best for students who:

- Are not sure about counseling or wonder what it's like to talk to a counselor
- Are not interested in ongoing counseling but would like a counselor's perspective
- Have a specific problem and would like someone with whom to talk

Let's Talk is not a substitute for formal counseling and doesn't constitute mental health treatment, this means clinical records are not kept for consultation visits. A counselor can listen to your specific problems and introduce you to what it's like to speak to a member of the TSU counseling staff.

When and where?

- **Wednesdays, 2-4 p.m. through Wednesday, April 24, 2019 Boyd Hall Rm 109**
- **Thursdays, 1-3p.m. through Thursday, April 25, 2019, Floyd Payne Campus Center Rm 217** (look for further information about dates and locations for this semester when Let's Talk will offer additional locations around campus)

We've added another location in the Library Room 218 on Mondays 2:00 pm-4:00pm

Students are seen on a first-come, first-served basis.

Need help with an urgent mental health crisis?

TSU offers 24-hour crisis intervention services for enrolled students. If you feel overwhelmed, are thinking about suicide, or are afraid for the well-being of someone you know, call counseling crisis line **(615) 338-6341 EXT 9111**.

Disclaimer: Students should be aware that information is kept confidential unless a disclosure is required. Any notes maintained from these brief, informal consultations is not considered treatment documentation and is not a part of a releasable record. Non-identifying information from consultations may be used for research and grant purposes.