



How does it work?

Drop in for a brief (approximately 30 minutes), 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 is 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 does not 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?

- **Mondays & Wednesdays**
3:00 pm-4:30 pm
Zoom Meeting ID: 994 8994 3554
- Beginning Aug. 24 *Let's Talk* will also be available **Tuesdays & Thursdays**
11:00 am-12:30 pm
Zoom Meeting ID: 948 6849 7684

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

Need help with an urgent mental health crisis?

If you feel overwhelmed, are thinking about suicide, or are afraid for the well-being of someone you know, please call TSU PD 615.963.5171 to reach the therapist on call, TN Mobile Crisis Line (Statewide) 1.855.274.7471 (Davidson County Area), 615.726.0125, National Suicide Prevention Lifeline 1.800.273.8255, or go to your nearest emergency room.

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.