

Let's *Talk*

Thursdays between 4 - 5 pm in Kilcawley, Room 2067. Starts 9/29/22.

Let's Talk is designed to serve the needs of students through a brief 15-20 minute individual consultation.

Let's Talk free and confidential, open to all current YSU students. Consultations are offered on a first come, first served - no appointment needed.

The role of the Let's Talk consultant is to offer support, solutions, and resources for the student and presenting issues, such as:

- **Stress**
- **Sadness**
- **Difficulty adjusting to school**
- **Academic concerns**
- **Family problems**
- **Financial struggles**
- **Relationship concerns**

Let's Talk is not a substitute for psychotherapy or formal counseling and does not constitute mental health treatment.

Let's Talk is for consultation about a specific problem.

Your Let's Talk consultant can help you determine whether formal counseling would be useful for you.

YOUNGSTOWN STATE UNIVERSITY



**Student
Counseling
Services**



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