Let's Talk is a program that offers a confidential space where you can share your concerns and ask for suggestions about solutions and resources—or it can also be a place to have someone who can listen and offer support. It is not necessary to schedule an appointment, and there is no fee.

Who should visit Let's Talk?
Let's Talk is open to all Illinois undergraduate, graduate, and professional students who are experiencing the following situations:

- Students who have never been in counseling before and are not sure if it’s right for them, but wonder what it’s like to talk with a counselor.
- Students who are not interested in ongoing counseling but would like the perspective of a counselor.
- Students who have a specific problem and would like to talk it through with someone.
- Students who are interested in learning more about what campus resources are available to them and how to access them.

What happens in Let's Talk?
Before coming into the location, please tell the Front Desk you are here to see the counselor. Please have a seat in a nearby chair and wait a few minutes until the counselor consultant comes to greet you. When you two meet, the counselor consultant will listen closely to your concerns, possibly ask questions and provide support, perspective, and offer suggestions for resources.
How is Let's Talk Different than counseling?

Students who access counseling through Counseling Center schedule appointments to meet with a counselor, and sometimes participate in ongoing counseling through scheduled weekly or bi-weekly appointments. In contrast, Let's Talk is not formal counseling and is not intended to be a substitute for mental health treatment. Rather, it is a convenient drop-in service where students can have an informal consultation with a counselor.

I don't know much about how counseling works. Can Let's Talk help me determine if it's a good option to address an issue I currently have?

Absolutely. The Let's Talk counselor will talk through your issue with you and help you determine the best way to get help. If you feel comfortable with the counselor, it is sometimes possible to meet with them on an ongoing basis.

Are Let's Talk visits confidential?

Conversations with Let's Talk counselors are private and confidential, with a few exceptions. Counselors may need to share information in an emergency, such as when there is an immediate threat of harm to themselves or others. Let's Talk visits are informal consultations and no record of your visits will be documented in any university or health record except in these rare emergencies.

We don't want anything to be a barrier to students accessing help. If you have further questions about confidentiality, we encourage you to discuss them with a Let's Talk counselor.

Who will I meet with and when?

Juvenal George, Psy.D., who is the Embedded Clinical Counselor for Engineering, offers Let's Talk sessions three times a week for the Spring 2022 semester.

- Monday, 1 – 2pm, Engineering Hall 206B4
- Wednesday, 1 – 2pm, Engineering Hall 206B4
- Friday, 2 – 3pm, Engineering Hall 206B4 or via Zoom

Have more questions about Counseling Center services?

Visit our website, counselingcenter.illinois.edu, or call us at 217-333-3704. Engineering students can email Juvenal at juvegeor@illinois.edu.