

# Let's Talk

a Counseling Center program

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?*

Join the counselor consultant in the space. If the counselor is with another student, you can wait in a nearby chair until the counselor consultant is free. When you two meet, the counselor consultant will listen closely to your concerns, possibly ask questions and provide support, perspective, and suggestions for resources.



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

### *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?*

Let's Talk visits are held in a public space. If you desire a more private location, let your counselor consultant know and the two of you can move to a private office space. Conversations with Let's Talk counselors are 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?*

Jen House, LCSW, is the Embedded Counselor for the Gies College of Business and offers Let's Talk sessions at various times throughout the semester. Sessions will be held in BIF 2008 on:

- Tuesdays 1-2 p.m. in BIF 2008.
- First Wednesday of each month (March 2, April 6, and May 4) from 1-2 p.m. at tables under the stairs in BIF Atrium.
- Thursdays 1-2 p.m. in BIF 2008.



### *Have more questions about Counseling Center services?*

Visit our website, [counselingcenter.illinois.edu](http://counselingcenter.illinois.edu), or call us at 217-333-3704. Gies students can email Jen at [jhouse@illinois.edu](mailto:jhouse@illinois.edu).