Let's Talk

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 either want to know more about counseling or have a specific problem they want to talk through with someone. It’s also a great place to learn about available campus resources.

How is Let's Talk different from counseling?
Let’s Talk is not formal counseling and is not intended to be a substitute for mental health treatment. Rather, it’s a convenient drop-in service where students can have an informal consultation with a professional mental health counselor.

Are Let's Talk visits confidential?
Conversations with Let's Talk counselors are private and confidential, with a few exceptions regarding safety.

Who will I meet with and when?
Juvenal George, Psy.D., the Embedded Clinical Counselor for Engineering, offers Let's Talk sessions three times a week during the Fall 2022 semester.
- Monday, 1:00-2:00pm CST, Grainger Library, 4th floor, Room 403
- Wednesday, 1:00-2:00pm CST, Grainger Library, 4th floor, Room 403
- Friday, 2:00-3:00pm CST Grainger Library, 4th floor, Room 403

Have more questions about Counseling Center services?
Visit our website, counselingcenter.illinois.edu, or call us at 217-333-3704. Engineering students can email Dr. George at juvegeor@illinois.edu.