

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/or learn about campus mental health resources to support you during your Grainger student experience at the University of Illinois. 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 want to know more about counseling services and/or other available campus mental health resources.

How is Let's Talk different from counseling?

Let's Talk is not formal counseling. It 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 mental health professional.

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?

Chris Lewis, LCSW and **Juvenal George, Psy.D.**, the **Embedded Clinical Counselors** for Engineering, offer Let's Talk consultation hours, per appointment at CC-Engineering@illinois.edu.

Have more questions about Counseling Center services?

Visit our website, counselingcenter.illinois.edu, call us at 217-333-3704, or email at CC-Engineering@illinois.edu.



Student Affairs

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