

**Worried about a friend?
Interested in connecting with a counselor?
Have a concern and want to talk to someone?
Feeling stressed or overwhelmed?**

YOU ARE NOT ALONE.



Let's Talk is a support program that connects students with experienced counselors for a brief, 15-20 minute drop-in consultation.

Free, confidential and informal (not a substitute for counseling). No appointment needed.



**Office of
Counseling
Services**

**EKS LIBRARY ARC
Every 1st and 3rd Wednesday
FROM 11 AM-1 PM**