

**Worried about a teammate?  
Difficulty talking with coaches or staff?  
Concerned about sports performance?  
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**

**Cuddy Training Room  
Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
11 AM-1 PM**