

Let's Talk

Let's Talk is an outreach program that offers students convenient access to brief informal consultations with a Student Counseling Center clinician at different sites across campus. MSU students are encouraged to drop by and talk about what is important to them during a 15-20 minute conversation. Clinicians will listen to your concerns and may offer support, information, and resources. Consultations are free and confidential. No appointment is necessary as students are seen on a first-come, first-serve basis. Speaking with a *Let's Talk* clinician may provide insights, solutions, and information about other resources to address concerns such as:

- Academic struggles
- Relationship and family issues
- Financial concerns
- Stress
- Transitional anxiety
- Feeling sad

Let's Talk is not a substitute for individual therapy or other mental health treatment. A *Let's Talk* consultation helps a student know what it might be like to speak with a clinician and may help a student decide whether formal therapy at SCS may be more beneficial.

Fall 2019 Let's Talk Locations (beginning August 26, 2019)

Location:

YMCA Building
2nd Floor Room #2140
195 Lee Blvd.

Holmes Cultural Diversity Center
Colvard Student Union Suite 220

Sanderson Center
Room #1008
225 Bailey Howell Drive

Time:

Mondays 1:00–3:00 p.m.
Wednesdays 1:00–3:00 P.M.

Tuesdays 1:00–3:00 p.m.
Thursdays 1:00–3:00 p.m.

Wednesdays 9:00–11:00 a.m.

SCS offers 24-hour mental health crisis intervention services for students. Call 662.325.2091 for crisis assistance and for other questions or call 662.325.3333 for SafeLine.

