

# I just need to talk right now.

# TALK OUT

Meet with a C&PS counselor for a 20-minute consultation.  
Drop into Zoom using your SDSUid log-in:

**Tuesdays 1:30-3:30pm** ■ [Join Here](#)

Additional Talk It Out spaces, in collaboration:

■ **Wednesdays 9-11am**  
with Center for Intercultural  
Relations  
[Join Here](#)

■ **Wednesdays 2-4pm**  
with International Student Center  
[Join Here](#)

All times Pacific (California) time. For more information about this program, contact Counseling & Psychological Services at 619-594-5220 or visit [www.sdsu.edu/cps](http://www.sdsu.edu/cps)

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