



STRESSED? JUST NEED TO TALK?

TALK OUT

No appointment needed! Meet privately & informally with a C&PS therapist for 20 minutes to get perspective & support for your concerns. Drop in during any of the time blocks below.

Mondays

11a-12p Undocumented Resource Center (Arts & Letters 202)
Spanish & English

4:30-6:30p Zoom Room 824 2174 8936
Vietnamese & English

Tuesdays

9-10a Zoom Room 852 5777 4235
with the Latinx Resource Center
Spanish & English

3:30-5:30p Zoom Room 876 2632 0785
Spanish & English

Wednesdays

2-4p College of Ed Student Success (Lamden Hall 259)
English

Thursdays

12:30-2:30p Zoom Room 898 9397 3235
with the International Student Ctr
Mandarin & English

Fridays

10a-12pm Zoom Room 861 6733 9382
with the Center for Intercultural Relations
Spanish, Farsi, and English

Talk It Out is confidential and offered at no cost to SDSU students. Visit our website for Zoom links, scheduling updates, & more information.

sacd.sdsu.edu/talkitout