

# 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 2-4:15pm**

with International Student Center

[Join Here](#)

■ **Thursdays 9-11am**

with Center for Intercultural Relations

[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)



SAN DIEGO STATE  
UNIVERSITY

Counseling &  
Psychological Services