

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](#)

■ **Thursdays 1-2pm**
with Pride 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