



I CAN'T
CAN'T
SLEEP

Tuesdays @ 2-4 PM

Kelly ECC
Room 306

Wednesdays @ 2-4 PM

Q Center
HUB 315, Discourse Lounge

Fridays @ 2-4 PM

CIRCLE
Schmitz 250

LET'S TALK.

Let's Talk is a program that connects UW students with support from experienced counselors from the Counseling Center and Hall Health Center without an appointment. Counselors hold walk-in hours at two sites on campus. Let's Talk offers informal consultation - it is not a substitute for regular therapy, counseling, or psychiatric care.

Talking with a counselor can help provide insight, solutions, and information about other resources.

What does it cost?
Nothing.

What should I expect?
Confidential, private, & one-on-one.

Where do I sign up?
No appointment necessary.

I NEED
TO TALK
TO SOMEONE



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I
FEEL
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ANXIOUS
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LET'S TALK.

I'M
WORRIED
ABOUT
A FRIEND



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