



# LET'S TALK:

Free, informal, walk-in consultation and support  
Available to all students; No appointment necessary

- WHEN: Wednesdays, 12:00 Noon – 2:00 PM
- WHERE: Student Union Building (SUB) 209
- WHO: Counselors from the Psychological Counseling Center
- WHAT: a place to get help with:
  - stress or anxiety
  - academic worries
  - relationships with friends or family
  - adjustment and transition
  - identity issues
  - depression
  - practical problem solving
  - anything else!

For more information, check out our web-page,

[www.newpaltz.edu/counseling](http://www.newpaltz.edu/counseling)

Contact the Psychological Counseling Center: 845-257-2920

Or come to our Let's Talk hours