LET’S TALK:

One-on-one, 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:
  o stress, anxiety
  o academic worries
  o relationships with friends or family
  o adjustment and transition
  o gender identity
  o depression
  o practical problem solving
  o anything else!

For more information, check out our web-page,
www.newpaltz.edu/counseling
Contact the Psychological Counseling Center: 845-257-2920
Or come to our Let’s Talk hours

Psychological Counseling Center
A Division of Student Affairs
Fall 2019