



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:
 - stress, anxiety
 - academic worries
 - relationships with friends or family
 - adjustment and transition
 - gender identity
 - depression
 - practical problem solving
 - 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
Spring 2019