



Let's Talk!

Drop-in Consultations for Emory Graduate & Professional Students

Meet CAPS' Let's Talk Consultants



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What is "Let's Talk?"

Let's Talk is an informal, free, confidential, consultation service that allows Graduate and Professional students to speak with a clinician and receive support for any challenge they may be experiencing. *Let's Talk* is **not** a substitute for formal counseling but can be used to receive short-term support and resources.

Although *Let's Talk* consultants are mental health professionals, *Let's Talk* consultations are not mental health treatment. For this reason, consultants do not keep formal documentation other than general demographic information collected at the end of each visit.

What Can Students Expect During Their *Let's Talk* Consultation?

Students will meet 1:1 for a 15-20 minute video or phone consultation with their CAPS consultant. The consultant will provide support by exploring the student's concerns, suggesting coping strategies, and offering resources if additional services are needed. Students are allowed to visit *Let's Talk* on more than one occasion if there are no safety concerns and if formal counseling is not needed. However, students utilizing the service on a more frequent basis may be referred for mental health treatment or other types of support services.

Is My Consultation Confidential?

Your *Let's Talk* consultation is confidential. However, there are exceptions when your consultant is ethically and legally obligated to disclose information in order to prevent imminent danger to oneself or others, or in situations where a child or vulnerable adult is being abused or neglected. Please ask your consultant about this if you have any questions or concerns. You may also contact CAPS with any questions or concerns by calling (404) 727-7450.

When and Where Can I Speak with a Let's Talk Consultant? / How do I schedule with a Let's Talk Consultant?

All Graduate and Professional students can access a Let's Talk consultant:

Wednesdays (1:00-3:00 pm ET) by using the following link to schedule a HIPAA-compliant video appointment:

<https://tinyurl.com/Wednesday-Grad-Lets-Talk>

AND

Fridays (2:00-4:00 pm ET) by using the following link to schedule a HIPAA-compliant video appointment:

<https://tinyurl.com/Friday-Grad-Lets-Talk>