



Let's Talk!

Drop-in Consultations for Emory Graduate & Professional Students in Medicine, Nursing, Laney, Law, Public Health, & Theology

Meet CAPS' Let's Talk Consultants



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Medicine & Nursing



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All Other Graduate & Professional Programs



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What is Let's Talk?

Let's Talk is an informal, free, confidential, consultation service that allows 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 HIPAA-compliant 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?

Students can schedule on-line to meet with a Let's Talk consultant by using the link below that corresponds to their respective school. Consultations are available during the times specified. Once scheduled, students will receive a link for a HIPAA-compliant video appointment. When scheduling, students have the option to request phone consultation instead.

School of Medicine & School of Nursing: Wednesdays (11:30 am-1:30 PM EST)

<https://outlook.office365.com/owa/calendar/EmoryUniversity772217@mscloud.emory.net/bookings/>

All Other Graduate & Professional Programs: Thursdays (11:00 AM-1:00 PM EST) June 17-August 5

<https://outlook.office365.com/owa/calendar/GradProfessionalStudentSummerLetsTalk@mscloud.emory.net/bookings/>

* All graduate and professional students may also access Timely MD to speak confidentially by HIPAA compliant video platform with a mental health provider. Students may connect with a provider by going to: <https://www.timely.md/faq/emory/>

Once there, you will need to set up an account using your Emory email address, then you can choose the TalkNow option for 24/7 access to a mental health provider via telehealth. You may use the Scheduled Counseling option to meet with a provider more regularly.