



Welcome to CAPS (Counseling & Psychological Services) Let's Talk!

Let's Talk is designed to provide students with easy access to informal and confidential **20-minute** meetings with counselors from Counseling & Psychological Services (CAPS). Although Let's Talk counselors are professionals, **Let's Talk is not a substitute for psychotherapy and does not constitute mental health treatment.** Your Let's Talk counselor is able to answer questions you have about psychotherapy. They can also direct you to specific services that can best assist you.

There are multiple locations for Let's Talk meetings. Please read the location information in the back.



COUNSELING &
PSYCHOLOGICAL
SERVICES

To sign up, please log in to "myHealth" portal on the CAPS website (CAPS.SFSU. Edu) Phone: 415-338-2208

All Let's Talk Meetings are in person, except for the Friday 11 & 11:30 am Virtual

DECI (The Division of Equity and Community Inclusion): Various Locations

Monday at 1 & 1:30 pm
SSB (Student Services Building) # 206
(Office of Diversity, Student Equity, and Interfaith Programs)

Tuesday at 1 & 1:30 pm
Village C, Suite 142 (Black Unity Center)

Wednesday at 1 & 1:30 pm
Village C, Suite 141
(Asian American and Pacific Islander Student Services)

Thursday at 1 & 1:30 pm
Village C, Suite 140 (Latinx Student Center)

Residential Life: 2 Different Locations

Tuesday at 11 & 11:30 am
Office in Mary Park Lounge

Friday at 1 & 1:30 pm
Office across from Village Market

UAC (Undergraduate Advising Center): 1 Location

Monday, Wednesday, or Thursday at 11 & 11:30 am
Administration 203

We also meet you online!

Friday at 11 & 11:30 am

CAPS Campus Partners!



DIVISION of
EQUITY and
COMMUNITY
INCLUSION



RESIDENTIAL LIFE
DIVISION OF STUDENT LIFE



uac
undergraduate
advising center