

Let's Talk!

SFSUCAPS + Residential Life

Spring 2023 Feb. 1-May 17

What is Let's Talk?

Let's Talk is a program for all Residential Life students to talk with an SFSU CAPS mental health professional. **Let's Talk** is 1-1 informal, confidential, completely free, no appointment is necessary and no topic is off limits! Typically runs from 20-25 mins.

Let's Talk counselors can listen to specific problems, help explore solutions, and introduce you to what it's like to speak with CAPS staff.


Let's Talk is not professional counseling. It is not appropriate for urgent concerns or mental health emergencies. If you would like mental health treatment or have urgent concerns, please call CAPS at (415) 338-2208 to schedule an appointment.*





Attending Counselor:
Nicole Buitrago Psy.D
(She/Her/Hers)

Specialties: LGBTQ+, POC and minority stress, first-gen, complex trauma, ADHD, non-monogamy, spirituality, and adjustment to life transitions.

Location/Time

 (415) 338-2208

 4pm-5pm
Every Wednesday

 Mary Ward Hall Lobby
800 Font Boulevard
Mary Ward Hall
San Francisco, CA 94132



Find out more information here:

psyservs.sfsu.edu/Lets_Talk/LetsTalk

