



## **Mental Health Office Hours**

### **What is it?**

- ***Free, informal confidential consultation from a therapist at UConn Hartford Student Health and Wellness***
- ***Support, coaching, referrals***
- ***15-20 minute sessions***
- ***Although provided by therapists, it is not a substitute for therapy***

***UConn SSW Room 229***

***Tuesdays 3 - 4 pm***

***Thursdays 3 - 4 pm***

### **Who is it for?**

- ***Students looking for advice on a non-clinical issue***
- ***Students unsure about therapy***
- ***Students who have concerns about the mental health of a friend seeking advice on how best to offer support***
- ***Students requiring assistance connecting to campus resources but are unsure where to begin***
- ***Students seeking a strategy tool for stress reduction***

***Let's Talk is not suited to treat mental health crises. Students in need of immediate support should call the BeWell@UConn Mental Health Support Line at 833-308-3040***