

# STRESSED? LONELY? NEED TO TALK?

## BACKGROUND:

Let's Talk was adapted from Cornell University and implemented to support the mental health of students who are often reluctant or unwilling to come to counseling.

## PURPOSE:

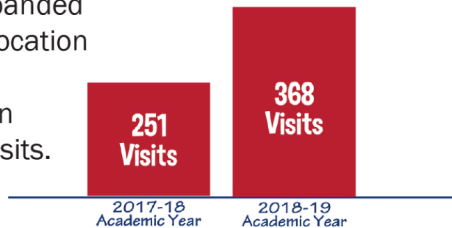
Let's Talk provides easy access to informal, confidential and anonymous consultations with counselors from the Student Health and Counseling Center (SHCC). No appointment necessary.

The service is offered Monday through Thursday from 11:00 a.m. to 2:00 p.m. in Kremen Education Room 397 and in Industrial Technology Room 242.



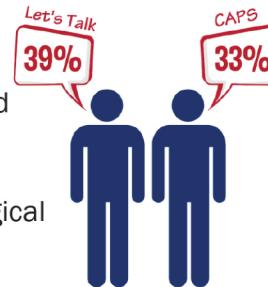
## GROWTH:

Let's Talk expanded to a second location in 2018-19 resulting in an increase in visits.



## REACH:

In 2017-18 students identifying as male utilized Let's Talk for counseling at a higher rate than Counseling and Psychological Services (CAPS).



## DIVERSITY:

In 2017-18 African American students utilized Let's Talk for Counseling at a significantly higher rate than Counseling and Psychological Services (CAPS).



	Let's Talk	CAPS
African American	16%	5%
American Indian	1%	1%
Asian American	10%	11%
Pacific Islander	3%	0.1%
Caucasian	25%	25%
Hispanic/Latino(a)	43%	49%
Other	1%	9%

Data reflects the 2017-18 academic year.