



Let's Talk

Virtual Drop-In Hour

Fall 2025

**Offered the First and Third
Tuesday Each Month**

12:00 - 1:00 pm

No Appointment Needed

Drop in meetings are first come first
serve and are 20-25 minutes.

Do you ever find yourself wanting to talk something over and would like the
perspective of a therapist without committing to therapy?

Then Let's Talk is for you.

What you can expect: **support, perspective
and additional resources if needed.**

Scan to access Let's Talk meeting



Let's Talk meetings are informal confidential* consultations and not mental health
treatment. Lets talk is not for emergencies.

For crisis support, please call CAPS at (909) 537-5040

For more information please visit: <https://www.csusb.edu/pdc/current-students/pdc-student-health-center/pdc-counseling-and-psychological-services>

*By law, a therapist may be required to disclose some information under certain limited circumstances.