

LET'S TALK

Michigan Technological University

Let's Talk

Let's Talk provides easy access to free, informal, and confidential consultations with a Michigan Tech counselor. Students can meet with a clinician for a brief conversation via Zoom.

Let's Talk is open to all Michigan Technological University undergraduate and graduate students and is a good fit for:

- Students who are not sure about therapy and wonder what it's like to talk with a therapist;
- Students who are not interested in therapy but would like the perspective of a counselor;
- Students who would like to talk through a specific problem; or
- Students who have a concern about a friend and want some thoughts about what to do.

Fall Semester ZOOM Hours

Tuesdays

5 pm (Beginning 9/15)

Wednesdays

2 pm (Beginning 9/2)

Thursdays

11 am (Beginning 9/3)

4 pm (Beginning 9/17)

- See mtu.edu/well-being/letstalk to access zoom links
- To reserve a private space, email counseling@mtu.edu

For questions or for more information, contact:

Sarah Woodruff, CRC, LPC

Clinical Counselor - Outreach
(906) 487-2538 smwoodru@mtu.edu