

# LET'S TALK

WINTER 2025: JANUARY 6–MARCH 14

## Mondays, 12-12:30pm



**Tong-An "Fred" Shueh, Ph.D.**

**Specialty:** Biofeedback, mindfulness meditation, stress /anxiety management, adjustment, acculturation.

**Populations:** CSE graduate students, international students

**Languages:** English & Mandarin

## Tuesdays, 2-2:30pm



**Sasha Llamas, LCSW**

**Specialty:** Stress/anxiety management, imposter syndrome, mind-body connection, creativity, positive psychology.

**Populations:** Undergraduate students, graduate/professional students

## Wednesdays, 2-2:30pm



**Nicole Matei, Psy.D.**

**Specialty:** Anxiety, depression, self-compassion.

**Populations:** Undergraduate students, graduate/professional students

## Thursdays, 4-4:30pm



**Tyler Hatchel, Ph.D.**

**Specialty:** Motivation, focus, technology, professional relationships, career discernment, romance, sexuality.

**Populations:** LGBTQ students, graduate/professional students, undergraduate students

## Fridays, 12-12:30pm



**Wenhsin Chang, Ph.D.**

**Specialty:** Relationship, self-compassion, mindfulness, career-related concerns.

**Populations:** International students, undergraduate students, graduate/professional students

**Languages:** English & Mandarin

## Fridays, 12:30-1pm



**Haile Wright, LCSW**

**Specialty:** Anxiety

**Populations:** Transfer students, Black/POC students

*Please note that students can sign up to meet with any counselor. Students don't need to match with the "specialty" or population listed.*

Find instructions on how to sign-up and more info: <https://caps.ucsd.edu/letstalk>



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## LET'S TALK SESSIONS ARE...

- 1-1 informal consultations with a UC San Diego mental health professional
- FREE for all students
- Offered first-come, first-served
- Typically run 20-25 minutes

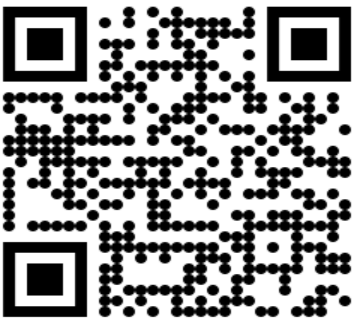
Let's Talk counselors can listen to specific problems, help explore solutions, and introduce you to what it's like to speak with CAPS staff.

*Let's Talk\* is not professional counseling. It is not appropriate for urgent concerns or mental health emergencies. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.*

*\*Students are limited to 2 sessions per quarter*

## WIN A \$25 GIFT CARD!

We are also pleased to offer a weekly drawing for a \$25 gift card for those who complete the feedback survey. If you are interested, please add your email address on the last question of the feedback survey to enter the random drawing.



UC San Diego

STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services

