Let's Talk FAQs

What is Let’s Talk?

What happens at a visit to Let’s Talk?

What should I do if the Let’s Talk counselor consultant is already meeting with someone?

What are common concerns that people bring up at Let’s Talk?

How is Let’s Talk different from counseling at UWEC Counseling Services (CS)?

What is the difference between Let’s Talk and the CS Triage consultations?

Who should visit Let’s Talk?

I think I have a problem that would benefit from counseling, but I don’t know anything about it. Would going to Let’s Talk help me figure out what to do?

I was offered an appointment at UWEC Counseling Services 14 days from now. Can I stop by Let’s Talk in the meantime?

I went to CS and spoke with a counselor. He recommended a referral to a therapist in the Eau Claire community. Can I come to Let’s Talk instead?

I am currently seeing a therapist at CS and would like to talk with someone sooner than my next appointment. Can I go to Let’s Talk?

I am currently seeing a therapist at CS, and I’m not happy with the way things are going. Can I go to Let’s Talk instead?

What else do I need to know?

Let’s Talk visits are confidential. Are there any limits to confidentiality?

What is Let’s Talk?

"Let’s Talk" is a program for UWEC students that provides easy access to informal and confidential support and consultation with counselors from UWEC Counseling Services. Counselor consultants hold drop-in hours at two locations on campus – please check
the website for the most up-to-date days and times for Let’s Talk. All students are welcome to use this program. There is no appointment or fee necessary. Students are seen on a first-come, first-served basis, and usually there is not much of a wait.

What happens at a visit to Let’s Talk?

When you come to the site, look to see if the office door is open. If it is, please come on in. If the door is closed, sign in on the sign-up sheet near the door of the room and have a seat in a nearby chair. You may need to wait a few minutes until the counselor consultant opens the door. When you two meet, the counselor consultant will listen closely to your concerns, possibly ask questions and provide, support, perspective and suggestions for resources.

What should I do if the Let’s Talk counselor consultant is already meeting with someone?

If the counselor consultant is already meeting with someone, the office door will be closed with a sign indicating that the office is occupied. In this case, sign your initials on the sign-up sheet in the next available time slot and please have a seat in a nearby chair and wait for the counselor consultant to come out and greet you. The wait is usually not long.

What are common concerns that people bring up at Let’s Talk?

Students come in with a variety of concerns; no topic is off limits. Common concerns often include: stress, relationships, academic performance, financial struggles, sadness, worry, and family problems.

How is Let’s Talk different from counseling at UWEC Counseling Services?

Counselors at UWEC Counseling Services (CS) provide ongoing counseling, which usually consists of weekly or bi-monthly 45-50 minute appointments. Let’s Talk is not formal counseling; it is a drop-in service where students can have an informal consultation with a counselor consultant from time to time.

What is the difference between Let’s Talk and the CS Triage consultation?

Let’s Talk is an informal drop-in service, to provide consultation and support in locations around campus. The CS Triage takes place in our counseling center offices and is the first step toward linking students with counseling services. As such, part of the process of the Triage appointment is reviewing and signing formal paper work as well as assessing symptoms and distress levels.
Who should visit Let’s Talk?

Let’s Talk is open to all UWEC graduate and undergraduate students. Let’s Talk is the best fit for the following people:

- Students who are not sure about counseling and wonder what it’s like to talk with a counselor.
- Students who are not interested in ongoing counseling but would like the perspective of a counselor.
- Students who have a specific problem and would like someone with whom to talk it through.
- Students who have a concern about a friend and want some ideas about what to do.

I think I have a problem that would benefit from counseling, but I don’t know anything about it. Would going to Let’s Talk help me figure out what to do?

Absolutely. The counselor consultant will help you talk through your issues and help you determine the best way to get help. If you feel comfortable with the counselor consultant, it is sometimes possible to meet with him or her at CS in an on-going way.

I was offered an appointment at UWEC Counseling Services 14 days from now. Can I stop by Let’s Talk in the meantime?

If you believe you need to be seen sooner than the appointment you were given, it’s best to call UWEC CS directly and explain your situation.

I went to CS and spoke with a counselor. The counselor recommended a referral to a therapist in the Eau Claire community. Can I come to Let’s Talk instead?

Since regular counseling appointments are not available at Let’s Talk, following up with the referral is a good idea. Unfortunately, CS cannot provide ongoing counseling to every student who requests it.

I am currently seeing a therapist at CS and would like to talk with someone sooner than my next appointment. Can I go to Let’s Talk?

If your next appointment is not soon enough, it is best to contact your counselor directly to see if he or she can see you sooner.
I am currently seeing a therapist at CS, and I’m not happy with the way things are going. Can I go to Let’s Talk instead?

The best thing to do in your situation is to talk directly with your counselor or call the Director of Counseling Services to request a counselor change. Counselors are eager to get your feedback, positive or negative. Often, an open conversation about your concern helps smooth out any wrinkles and helps get things back on track.

What else do I need to know?

Although Let’s Talk counselor consultants are professionals, Let’s Talk is not a substitute for psychotherapy or formal counseling and doesn’t constitute mental health treatment. Let’s Talk counselor consultants provide informal consultations to help students with specific problems and to introduce them to what it’s like to speak with a counselor. Your Let’s Talk counselor consultant can help you determine whether formal counseling at UWEC Counseling Services would be useful to you and, if appropriate, assist you in getting connected at CS.

Let’s Talk visits are confidential. Are there any limits to confidentiality?

Conversations with Let’s Talk counselors are confidential, with a few very rare exceptions. Counselors may need to share information in an emergency when there is an immediate threat of harm to self or others. Counselors are required by law to report when a minor, elderly person, or someone otherwise incapacitated and unable to act on his/her own behalf is being abused. Let’s Talk counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to CS, other CS staff may see these notes. Finally, these notes can be released in the unlikely event of a court order. Information is also collected about attendance, so that we can keep track of the students we are serving and those we need to continue serving. Students have the option of maintaining their anonymity by not disclosing their name. Let’s Talk visits are never noted on a student's official university record.

We don’t want anything to be a barrier to students accessing help. If you have further questions about confidentiality, we encourage you to discuss them with a Let’s Talk counselor consultant.

The above information was adapted with permission from Cornell University. Their dedicated efforts to provide innovative services to students and willingness to share these resources with other universities are deeply appreciated.
HOW TO GET STARTED AT UWEC COUNSELING SERVICES

- Meet our Staff
- Individual counseling
- Group counseling
- Couple/partner counseling
- Psychiatric services
- EAP
- Parents and Friends
- After hours crisis
- Disordered eating assessment and treatment
- Substance use assessment and treatment
- Let's Talk
- Resources