How does it work?
Drop in for an informal, friendly, no-cost consultation. Speaking with a counselor consultant can provide insight, solutions, and information about resources. Conversations during Engineering Let’s Talk are confidential (unless there is a situation where your safety or the safety others is a concern) and not part of your official university student record.

What is discussed?
No topic is off limits. Students often discuss issues related to stress, worry, sadness, relationships, academic performance, family problems, or financial struggles.

Who should visit?
Any engineering student can come to Engineering Let’s Talk, but it’s the best for students who:
- Are not sure about counseling or wonder what it’s like to talk to a counselor
- Are not interested in ongoing counseling but would like a counselor’s perspective
- Have a specific problem and would like someone with whom to talk
- Have a concern about a friend or family member and would like to help

Engineering Let’s Talk is not a substitute for formal counseling and doesn’t constitute mental health treatment, but the counseling consultant can listen to your specific problems and introduce you to what it’s like to speak to a member of the UHS counseling staff.

When and where?
Wednesdays, 3–5 p.m.
415 Wendt Commons (next to Union South).
Led by Michelle Bond, the UHS engineering-focus mental health provider.
Engineering students are seen on a first-come, first-served basis.

Need help with an urgent mental health crisis?
UHS offers 24-hour crisis intervention services for enrolled students or for those who are concerned about an enrolled student. If you feel desperate, are thinking about suicide, or are afraid for the well-being of someone you know, call UHS at 608-265-5600 (option 9).