

Let's Talk!

*University of Kentucky Counseling Center
106 Frazee Hall~859-257-8701*

Frequently Asked Questions

What is Let's Talk?

Let's Talk is a program that provides easy access to informal confidential conversations with clinicians from the UK Counseling Center. Clinicians hold walk-in hours at 4 sites around campus Monday through Thursday. There is no appointment or fee necessary. A schedule of dates and times, as well as clinician biographies, can be accessed at www.uky.edu/counselingcenter/LetsTalk.

What happens at a visit to Let's Talk?

Appointments are first-come, first-served. Usually there is not much of a wait. Students are encouraged to talk about whatever is important to them. The clinician will listen closely to your concerns and provide support, perspective, and suggestions for resources.

How is Let's Talk different from UK's Counseling Center (Consultation and Psychological Services)?

Clinicians at UKCC provide ongoing counseling, which usually consists of weekly or bi-weekly 45-50 minute appointments. Let's Talk is not formal counseling -- it is a drop in service where students can have an informal conversation with a clinician from time to time.

Who should visit Let's Talk?

This service is open to all University of Kentucky undergraduate, graduate and professional **students**. Let's Talk is the best fit for the following people:

1. students who are not sure about counseling and wonder what it's like to talk with a clinician;
2. students who are not interested in ongoing counseling but would like the perspective of a clinician;
3. students who have a specific problem and would like someone with whom to talk it through;
4. students who have a concern about a friend and want some thoughts about what to do.

Where are the Let's Talk locations? (Fall Semester)

Monday: 2pm-4pm, The Study North/Jewell Hall

Tuesday: 12pm-2pm., Veteran's Resource Center/Erikson Hall

Wednesday: 3pm-5pm, Multidisciplinary Science Building room 402

Thursday: 2pm-4pm, Fine Arts Building Room 204, 2-4

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

Absolutely. The clinician will talk through your issue with you and help you determine the best way to get help. If you feel comfortable with the clinician, it's sometimes possible to meet with him or her at the UKCC in an ongoing way.

I am a non-student spouse of a University of Kentucky student, Can I come to Let's Talk?

Let's Talk services are intended to be used by current University of Kentucky students. However, if you come to a Let's Talk location on your own, the clinician will work to assist you with referrals should you need ongoing support.

The most convenient site for me to visit is Multidisciplinary Sciences Building, but I'm not taking classes in that building, or utilizing the services that building. Can I go there anyway?

Certainly. ALL sites are open to ALL students.

I called the UK Counseling Center and spoke with a clinician. She offered me an appointment 10 business 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, you can walk-in to the UK Counseling Center Monday through Friday 9am-3pm and have an initial appointment that same day. If you are already a client at the UK Counseling Center and have been working with a specific clinician, it would be best to contact the UK Counseling Center directly and explain your situation. If your clinician is unable to see you sooner than 10 days, you may walk-in the UK Counseling Center and utilize the crisis walk-in services.

I called the UK Counseling Center and spoke with a clinician. S/He recommended a referral to a therapist in Lexington. Can I go to Let's Talk instead?

Since regular counseling visits are not available at Let's Talk, following up with the referral is a good idea. Unfortunately, the UK Counseling Center cannot always provide ongoing counseling to every student who requests it.

I'm currently seeing a clinician at the UK Counseling Center, and I would like to talk to someone sooner than my next appointment. Can I go to Let's Talk?

If your next appointment is not soon enough, it's best to contact your clinician directly to see if he or she can see you sooner. If they cannot see you sooner, you can utilize the UK Counseling Center walk-in services Monday-Friday 9am-3pm.

I'm currently seeing a counselor at the UK Counseling Center, and I'm not happy with how things are going. Can I go to Let's Talk instead?

The best thing to do in this situation is to talk directly with your clinician. Clinicians are eager to get your feedback, positive or negative. Oftentimes an open conversation about your concern helps smooth out any wrinkles. If, after talking with your clinician, you prefer to transfer to someone else, just ask your clinician directly, either in person or by e-mail.

What else do I need to know?

Although Let's Talk clinicians are professionals, Let's Talk is not a substitute for psychotherapy or formal counseling and does not constitute mental health treatment. Let's Talk clinicians provide informal consultations to help students with specific problems and to introduce them to what it's like to speak with a clinician. Your Let's Talk clinician can help you determine whether formal counseling at the UKCC would be useful for you and, if appropriate, assist you in scheduling an appointment.

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. Clinicians may need to share information in an emergency when there is an immediate threat of harm to self or others. Clinicians 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 clinicians keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to the UK Counseling Center, other UKCC staff may see these notes. 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 clinician or call the UK Counseling Center.