



Let's Talk

Let's Talk offers students a confidential consultation and support on a range of issues with counselors from Ithaca College CAPS

Available to all Ithaca College Students | No fee | Drop in | No appointment necessary

What is Let's Talk?

“Let's Talk” is a program for Ithaca College students that provides easy access to informal and confidential support and consultation with counselors from Ithaca College CAPS. Counselor consultants hold drop-in hours at sites around campus. Any student is welcome at any site. No appointment is necessary and no fee is charged. Students are seen on a first-come, first-served basis.

Who should visit Let's Talk?

Let's Talk is open to all Ithaca College 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.

What happens at Let's Talk?

When you come to a site, see if the office door is open. If so, please come in. If the door is closed,

have a seat and wait until the counselor consultant comes to greet you. When you 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, have a seat and wait for the counselor consultant to greet you.

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

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

How is Let's Talk different from counseling at CAPS?

CAPS provides ongoing counseling, which usually consists of attending sessions every 2-3 weeks. Let's Talk is not formal counseling; it's 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 an Intake appointment at CAPS?

Let's Talk is an informal drop-in service, to provide consultation and support in locations around campus. An intake appointment takes place at CAPS and is the first step toward linking students with counseling services. Part of an intake appointment is reviewing and signing formal paperwork, and assessing symptoms and distress levels.

I think I have a problem that would benefit from counseling. 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 support. If you feel comfortable with the counselor consultant, it is sometimes possible to meet with them at CAPS in an on-going way.

I'm in an immediate crisis. Can I go to "Let's Talk"?

If there's a crisis, please contact CAPS to access Same Day Crisis Services (SDCS). SDCS is offered from 2:30 to 4:30 pm Monday through Friday. Call CAPS for more information 274-3136. On weekends and after 5 PM, The Office of Public Safety is available to address life-threatening situations 24 hours a day. The Let's Talk drop-in service is not a crisis intervention service.

I was offered an appointment at CAPS 14 days from now. Can I stop by Let's Talk in the meantime?

It's best to call CAPS directly if you believe you need to be seen sooner than your scheduled appointment.

I went to CAPS and spoke with a counselor. They recommended a referral to a therapist in Ithaca. 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, CAPS cannot provide ongoing counseling to every student who requests it.

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

Yes, however, if your next appointment is not soon enough, it is best to contact your counselor directly to see if they can see you sooner or emergency crisis hours at CAPS.

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

Express your concerns directly to your counselor. Counselors are eager to hear feedback—both positive and negative. Often, an open conversation about your concerns can resolve any issues.

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 would be useful to you and, if appropriate, connect you with CAPS.

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

One exception is that counselors may need to share information in a situation in which safety for yourself or others is a concern. Let's Talk counselor consultants keep brief written notes of their contacts with student in the event that there is an emergency, or when a student is referred to CAPS. In these situations, other CAPS counseling staff may see these notes. Information is also collected about attendance, so that we can keep track of the students we serve and those we need to continue serving.

We don't want anything to be a barrier to students accessing help. If you have further questions about confidentiality or accessibility, we encourage you to discuss them with a Let's Talk counselor consultant, or call the CAPS front desk for further information.