Stop by any of our “Let’s Talk” locations on campus and tell us that you saw us on Facebook to receive a promotional item or UH Cougar Cards!

Visit our website at uh.edu/caps for a list of “Let’s Talk” locations and schedules.

The Student Service Center 1 is located at UH Entrance 6, next to the Cougar Village Residence Halls.

226 Student Service Center 1
4365 Cougar Village Drive
Houston, TX 77204-3026

We are also located at:
University of Houston at Sugar Land
George Building, Room 119-C | 14000 University Blvd.
Sugar Land, TX 77479

The University of Houston is an EEO/AA institution.
“Let’s Talk” is a program that provides easy access to informal confidential consultations with clinicians from Counseling and Psychological services (CAPS). CAPS clinicians hold walk-in hours at sites around campus. There is no appointment or fee necessary.

**What happens during a visit to “Let’s Talk?”**

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

Clinicians at CAPS provide ongoing counseling, which usually consists of 45-50 minute appointments. “Let’s Talk” is not formal counseling: it is a drop-in service where an individual can have an informal consultation with a clinician from time to time.

This service is open to all University of Houston students, staff, and faculty. “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 clinician.
- Students who are not interested in ongoing counseling but would like the perspective of a clinician.
- Students who have a specific problem and would like to briefly discuss the issue with a clinician.
- Students who have a concern about a friend and want some guidance and support about how to address the issue.
- Faculty or staff who want to consult with a therapist about an individual or student of concern.

**Would going to “Let’s Talk” help me figure out what to do about an issue of concern?**

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 may be possible to meet with him or her at CAPS for ongoing treatment.

**Is “Let’s Talk” the same as therapy?**

“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 the campus community 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 CAPS 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?**

“Let’s Talk” discussions with CAPS clinicians are considered confidential, however, Texas law may require the clinician to disclose some or all of the information under certain limited circumstances. If you have concerns about disclosure, ask the CAPS clinician for a more complete explanation of disclosure requirements.