

# DATES, LOCATIONS, & TIMES:

- January 25th Maple Hall from 3:00 - 5:00 p.m.
- February 1st Kerr Hall from 3:00 - 5:00 p.m.
- February 8th Clark Hall from 3:00 - 5:00 p.m.
- February 15th Honors Hall from 3:00 - 5:00 p.m.
- Feb 22nd Rawlins Hall from 3:00 - 5:00 p.m.
- March 1st Mozart Hall from 3:00 - 5:00 p.m.
- March 8th Traditions Hall from 3:00 - 5:00 p.m.
- March 22nd Santa Fe Hall from 3:00 - 5:00 p.m.
- March 29th West Hall from 3:00 - 5:00 p.m.
- April 5th Legends Hall from 3:00 - 5:00 p.m.
- April 12th Bruce Hall from 3:00 - 5:00 p.m.
- April 19th Maple Hall from 3:00 - 5:00 p.m.
- April 26th Kerr Hall from 3:00 - 5:00 p.m.
- May 3rd Clark Hall from 3:00 - 5:00 p.m.

# LET'S TALK MAY BE BENEFICIAL TO:

STUDENTS WHO ARE NOT SURE ABOUT COUNSELING, BUT WOULD LIKE TO CONSULT WITH A MENTAL HEALTH PROFESSIONAL

STUDENTS WHO DON'T WANT ONGOING COUNSELING, BUT HAVE A SPECIFIC ISSUE THEY WOULD LIKE TO DISCUSS

RAS WHO NEED A CONSULT ABOUT STUDENT INTERACTIONS OR HAVE A PERSONAL CONCERN

FACULTY AND STAFF WHO WANT TO CONSULT WITH A THERAPIST ABOUT AN INDIVIDUAL OR STUDENT OF CONCERN

CONTACT  
DETAILS

**FOR MORE INFORMATION  
PLEASE CONTACT US AT (940)  
565 2741**

**OR EMAIL:  
REBECCA.PARTRIDGE@UNT.EDU  
OR SARAH.HERERRA@UNT.EDU**



# “LET'S START TALKING!”

There is no appointment or fee necessary. **A UNT ID IS REQUIRED** to confirm current enrollment. Consultations are available at a first-come, first-serve basis at various residence halls throughout the fall/spring semester. You will meet with a therapist to address any concerns/difficult emotions/mental health questions. The therapist will listen and provide support, perspective, and referrals to additional resources that may help you. “Let’s Talk” is not a formal counseling session.

Due to the drop-in nature of **Let’s Talk**, the housing counselors cannot guarantee complete confidentiality, but will keep disclosures as private as possible. The Housing Counselors are required by Texas Law to report any information if there is suspicion of harm to self or others. This will be discussed further before each consultation. For more information ask your Housing Counselors.



## WHAT IS IT?

“Let’s Talk” is a program that brings licensed therapists to the UNT residence halls for easy access to informal and confidential consultations. Every Thursday 3-5 pm, your UNT Housing Counselors will be at various residence halls (see schedule tab) to help you problem-solve any concerns and learn more about counseling services at UNT.



## MEET THE TEAM

Sarah Herrera, LMSW and Rebecca Partridge LMFT are licensed therapists part of UNT Counseling and Testing Services. They serve as Housing Counselors located in Maple Hall to provide easy access to mental health services for students living on campus. Although they provide counseling sessions by appointment only, they are always eager to meet residence hall students! Whenever their doors are open (B138 and C124) you are welcome to stop by to say hello or ask any questions. They offer presentations on mental health to students as well as weekly workshops for students. They also provide consultation services for “Let’s Talk.”