Informal CAPS Consultations via Zoom for Graduate and Professional School Students

Facilitated by:
Dr. Christina Lambert
CAPS Psychologist

Informal support with issues such as stress/worry, sleep, motivation, focus, recovering from setbacks, work/life changes, and relationships (personal and professional). Let’s Talk sessions are designed to provide practical strategies, information, and support regarding general wellness-related issues.

Mondays 1:30-3:30 PM
Wednesdays 9:30-11:30 AM

Please look for an email from your graduate coordinator with more details, including the sign-up and Zoom links. The sign up process is anonymous. At the beginning of the conversation Dr. Lambert will ask for your name, student ID, and location.

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call CAPS central office at (858)534 - 3755 to arrange an appointment.