Welcome to Let’s Talk! Whether you’re adjusting to U.S. and online classes, need help problem-solving, or want to know more about counseling, the Counseling Center is here to help.

Counselor: Dr. Josephine Chu
Psychologist at USF Counseling Center
Former International Student

Let’s Talk is an informal consultation provided by mental health professionals. It is not counseling. Although Let’s Talk consultants are mental health professionals, Let’s Talk consultations do not constitute mental health treatment. Conversations with Let’s Talk consultants are confidential, with a few rare exceptions. If your Let’s Talk consultant assesses that you could benefit from a higher level of care, every effort will be made to refer you to other appropriate resources at the university and surrounding community.

Consultations are provided on a first-come, first-serve basis. Join by clicking the link below and logging into MS Teams with your USF ID. If you are not admitted into the meeting room within a few minutes, please wait or come back in 10-15 minutes as the consultant might be with someone else. The virtual meeting room will only be monitored on the listed day/time.

Click on bit.ly/LetsTalkWed12PM to begin a consultation!

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