



College of the Sequoias Student Health Center

915 S. Mooney Blvd.

Visalia, CA 93277

(559) 730-3880

CONSENT & INTEREST FOR LET'S TALK SERVICES

Let's Talk Peer Mentoring Program is a free, informal service that provides confidential & supportive conversations with a peer mentor. Let's Talk is offered to all current students with the goal of increasing social connections, providing encouragement in stressful times, and linking students to additional resources as needed.

The Counseling services at the Health Center provides up to **8 free** mental health counseling sessions per two semesters. However, while you are waiting for your scheduled appointment, we encourage you to take advantage of the "LET'S TALK" Peer Mentoring Program. This service is not a substitute for professional counseling but is a great supplement to your mental health journey.

STUDENT INFORMATION

Full Name: _____

Student ID: _____

Phone number: _____

CONSENT & INTEREST CHECKBOXES

- Yes, I am interested in the "LET'S TALK" Mentoring services while receiving counseling and/or after I have used all my counseling sessions. I give consent to be contacted by the Mental Health Program Specialist, regarding the "LET'S TALK" Mentoring Services.
- No, I am not interested at this time and do not give consent to be contacted at this time.
- I would like more information before deciding. I give consent to be contacted by the Mental Health Program Specialist.

STUDENT SIGNATURE: _____

DATE: _____