Let’s Talk

Take advantage of these free and confidential consultations with counselors.

Speaking with a “Let’s Talk” counselor can help provide insight, solutions, and information about other resources. No appointments are necessary. Appointments are first-come, first-served. Usually there is not much of a wait.

Call 845-431-8040 for more information.

Frequently Asked Questions

Q. What is “Let’s Talk?”

A. “Let’s Talk” is a program that originated at Cornell University and provides easy access to informal and confidential consultations with counselors from Counseling and Career Services.

Q. What happens at a visit to “Let’s Talk?”

A. The counselor will listen closely to your concerns and provide support, perspective, and suggestions for resources.

Q. How is “Let’s Talk” different from psychotherapy at Counseling and Career Services?

A. “Let’s Talk” is not formal therapy; it is a drop-in service where students can have an informal consultation with a counselor.
Q. Who should visit “Let’s Talk?”

A. This service is open to all DCC students. “Let’s Talk” is the best fit for the following people:

1. Students who are not sure about therapy and wonder what it’s like to talk with a therapist.
2. Students who are not interested in therapy but would like the perspective of a counselor.
3. Students who have a specific problem and would like someone with whom to talk it through.
4. Students who have a concern about a friend and want some thoughts about what to do.

Q. I think I have a problem that would benefit from therapy, but I don’t know anything about it. Would going to “Let’s Talk” help me figure out what to do?

A. Absolutely. The counselor will talk through your issue with you and help you determine the best way to get help. The “Let’s Talk” counselor can help you set up an intake appointment at C&CS if you decide that you would like to pursue ongoing help.

Q. I’m currently seeing a therapist, and I would like to talk to someone sooner than my next appointment. Can I go to “Let’s Talk?”

A. This is NOT a replacement for your therapy. If your next appointment is not soon enough, it’s best to contact your therapist.

Q. I’m currently seeing a therapist, and I’m not happy with how things are going. Can I go to “Let’s Talk” instead?

A. No. The best thing to do in this situation is to talk directly with your therapist. Therapists are eager to get your feedback, positive or negative. Oftentimes an open conversation about your concern helps smooth out any wrinkles. If, after talking with your therapist, you prefer to transfer to someone else, just ask your therapist directly.