



HAWK TALK

CONFIDENTIAL DROP IN CONSULTATIONS

Hawk Talk provides easy access to informal confidential and anonymous consultations with counselors from Student Health and Wellness Services. No appointment necessary.

HOURS/INFO

Returning Fall 2022

*Note that Hawk Talk is not offered in the Summer

Connect at:



WHAT HAPPENS AT A VISIT TO HAWK TALK?

Appointments are drop in, first-come, first-served.

There is usually not much of a wait.

After clicking the link, students will be directed to a waiting room before being admitted by one of the Wellness Counselors. The counselors will listen closely to your concerns and provide support, perspective, and suggestions for resources.

Hawk Talk is not suitable for crisis. Please call 408-270-6480 or stop by student Health and Wellness Services (SC-124).

WHO SHOULD USE HAWK TALK

Hawk Talk is open to all students currently registered at Evergreen Valley College.

Hawk Talk is the best fit for the following students:

- Students who are not sure about counseling and wonder what it's like to talk with a counselor
- Students who are not interested in ongoing counseling, but would like the perspective of a counselor
- Students who have a specific problem and would like someone with whom to talk it through
- Students who have a concern about a friend and want some thoughts about what to do

What Else Do I Need to Know?

Although Hawk Talk counselors are professionally trained, Hawk Talk is not a substitute for therapy or formal counseling and does not constitute mental health treatment. Hawk Talk counselors provide informal consultation to help students with specific problems and to introduce them to what it's like to speak with a counselor. Your Hawk Talk counselor can help you determine whether formal counseling would be useful for you and, if appropriate, assist you in scheduling an appointment.

CONFIDENTIALITY

Conversations with counselors are confidential, with a few very rare exceptions. Counselors may need to share information in an emergency when there is an immediate threat of harm to self or others. Counselors are required by law to report when a minor, elderly person, or someone otherwise incapacitated and unable to act on his/her own behalf is being abused. We don't want anything to be a barrier to students accessing help. If you have further questions, we encourage you to discuss them with a counselor.