



JOHNS HOPKINS
UNIVERSITY

Student Health & Well-Being
Mental Health Services

Got a question or concern about Mental Health or well-being but aren't sure who to ask or where to get an answer? Try Booking a...

General Chat with a Counselor



Chat with a Counselor sessions are brief, informal, confidential, one-on-one, virtual or in-person, self-scheduled appointments open to all JHU students and learners, regardless of their identity, who wish to chat with a Mental Health Services clinician about anything related to mental health & well-being.

Offered Mondays from Noon-1pm, Tuesdays 1-2pm,
Thursdays from 2-3pm, & Fridays from Noon-1pm

Virtual or In-Person

Sign-Up via the QR Code

