



CHAT WITH A COUNSELOR: NAVIGATING THE NEWS & CURRENT EVENTS

Are you having trouble coping with the constant barrage of media coverage every day? Are headlines making you feel stressed or overwhelmed? Are you worried or concerned about the future of the world we live in? Then this Chat with a Counselor session is for you!



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.

Mondays Noon-1pm, Tuesdays 1-2pm
Thursdays 2-3pm, & Fridays Noon-1pm
Zoom or In-Person
Scan the QR code to schedule!

