

"Let's Talk": Frequently Asked Questions

What is "Let's Talk"?

"Let's Talk" is a program that provides easy access to informal confidential consultations with Bard counselors. Counselors hold walk-in hours on a weekly basis. There is no appointment or fee necessary.

What happens at a visit to "Let's Talk?"

Appointments are first-come, first-served. Usually there is not much of a wait. The counselor will listen closely to your concerns and provide support, perspective, and suggestions for resources.

How is "Let's Talk" different from Bard Counseling Services

Counselors at Bard provide primarily short-term counseling, which usually consists of one 30 minute initial session and one or more 45-50 minute follow-up appointments. "Let's Talk" is not formal counseling: it is a drop-in service where students can have a consultation with a counselor from time to time.

Who should visit "Let's Talk?"

This service is open to all Bard undergraduate and graduate students. "Let's Talk" can help in a number of situations including: Curiosity about counseling, concern about a friend or family member, academic stress, cultural adjustment, relationship problem

Let's Talk visits are confidential. Are there any limits to confidentiality?

Conversations with Let's Talk 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. Let's Talk counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to Bard Counseling, other Bard counseling staff may see these notes. Finally, these notes can be released in the unlikely event of a court order. Let's Talk visits are never noted on a student's official university record.

I contacted Bard Counseling Services and spoke with a counselor. She offered me an appointment 10 business days from now. Can I stop by "Let's Talk" in the meantime?

If you believe you need to be seen sooner than the appointment you were given, it's best to call Bard Counseling directly and explain your situation