Hi, everyone.
My name's Natasha Torkleson.
My pronouns are she/her/hers.
And I'm a Staff Psychologist for Diversity, Equity,
and Inclusion here at Counseling Health and Wellness.
At Counseling Health and Wellness,
there are a variety of resources
of which you can take advantage.
In terms of counseling, you can just come in any day
or schedule a day ahead for a consult meeting
with one of our clinicians.
During that meeting,
we'll meet your needs in the moment and also figure out if
there's other ways we can support you.
That might be short-term counseling in our center,
joining one of our groups or for off campus.
Specifically in relation to students of color,
this last year and the years proceeding it
have been so challenging in part, due to the increase
in race related violence,
all of the political oppression,
and all the inequities unearthed by the COVID 19 pandemic.
Know that a lot of people are struggling and seeking support
and it's okay not to be okay.
If you have any questions, please feel free to email me.
I'm happy to meet with anybody.
And please come to Counseling Health and Wellness
and take advantage of all the resources
that we provide here.