

00:00 - Hi, everyone.
00:01 My name's Natasha Torkleson.
00:02 My pronouns are she/her/hers.
00:04 And I'm a Staff Psychologist for Diversity, Equity,
00:06 and Inclusion here at Counseling Health and Wellness.
00:08 At Counseling Health and Wellness,
00:09 there are a variety of resources
00:10 of which you can take advantage.
00:12 In terms of counseling, you can just come in any day
00:14 or schedule a day ahead for a consult meeting
00:16 with one of our clinicians.
00:17 During that meeting,
00:18 we'll meet your needs in the moment and also figure out if
00:20 there's other ways we can support you.
00:22 That might be short-term counseling in our center,
00:24 joining one of our groups or for off campus.
00:27 Specifically in relation to students of color,
00:30 this last year and the years proceeding it
00:31 have been so challenging in part, due to the increase
00:34 in race related violence,
00:36 all of the political oppression,
00:37 and all the inequities unearthed by the COVID 19 pandemic.
00:41 Know that a lot of people are struggling and seeking support
00:43 and it's okay not to be okay.
00:45 If you have any questions, please feel free to email me.
00:47 I'm happy to meet with anybody.
00:49 And please come to Counseling Health and Wellness
00:51 and take advantage of all the resources
00:52 that we provide here.