

LET'S TALK!

CAPS comes to Rutgers Global

Are you having a difficult time adjusting to your new life at Rutgers?

Homesick?
Missing your family?

Are you feeling stressed about your classes?

Do you need someone to talk to?

EVERY TUESDAY FROM 3-5PM

30 COLLEGE AVENUE

MEET WITH MS. YUSHI WANG

EVERY WEDNESDAY FROM 5-7PM

180 COLLEGE AVENUE

MEET WITH DR. PIERRE ALBERT

Conversations are private and confidential.

No appointment required.

If you would like to speak to a CAPS counselor outside these drop-in hours, contact CAPS at 848-932-7884.

Counseling, ADAP and Psychiatric Services: <http://rhscaps.rutgers.edu>
Rutgers Global: www.global.rutgers.edu

What is “Let’s Talk”?

“Let’s Talk” is a service that provides easy access to informal, confidential consultations with CAPS counselors. Drop-in hours are held at different sites on campus. There is no appointment necessary and no fee. All sites are open to all students.

Do students schedule appointments for “Let’s Talk”?

No. Students are seen on a first-come, first-served basis. There may be a wait if the counselor is currently meeting with a student, but every effort will be made to meet with all students who wish to talk that day.

How is “Let’s Talk” different than seeing a counselor at CAPS?

“Let’s Talk” is not formal counseling; it is a drop-in service at various sites on campus where students can have a consultation with a counselor from time to time. The counselor will talk through issues with students, provide support and help determine the best way to assist them. A formal connection to CAPS includes students to develop an action plan based on student’s needs and connection to individual, group, crisis intervention, medication management, assistance with alcohol and other drugs and referrals to specialists in the community.

Who might benefit from “Let’s Talk”?

“Let’s Talk” is often the best fit for those students who:

1. are not sure about counseling and wonder what it’s like to talk with a counselor;
2. are not interested in on-going counseling but would like to get a counselor’s perspective;
3. have a specific problem and would like someone with whom to talk it through

MEET OUR COUNSELORS!

DR. PIERRE ALBERT



Dr. Pierre Albert is a staff psychologist at Rutgers Counseling, ADAP, and Psychiatric Services. He specializes in multicultural psychology; the adaptation process for clients from diverse cultural backgrounds; coping styles; dynamics of race relations; anxiety, depression, and anger issues.

MS. YUSHI WANG



Yushi is a community based counselor at Rutgers Counseling, ADAP, and Psychiatric Services. Yushi believes in strengths based and person-centered approach in working with her clients. She is interested in understanding, empowering and improving mental health services on campus for ethnic minorities, first generation immigrants, and international students. Yushi is fluent in Mandarin Chinese.