1. **What is Talk One2One?**
   Talk One2One is a resource for confidential, convenient, and 24/7 support for a number of problems that may be challenging your health or well-being. We believe that no issue is too small. You can call us for a wide range of issues such as dealing with stress, anxiety, family issues and relationship problems.

2. **How does it work?**
   To access Talk One2One, **simply call 1-800-756-3124 anytime, day or night**. There's somebody to talk to 24/7/365 days a year.

3. **Do I talk to someone over the phone or in person?**
   You start off by calling **1-800-756-3124** and talking to one of our counselors on the phone. Many times problems can be resolved within that phone call. Sometimes things are a little more complicated, and you may want to meet with someone in person to talk through your issue more in-depth. In that case, you can see a counselor on-campus or we'd find you a counselor that's close to your center, home or work so you could talk to someone face-to-face for up to 6 sessions.

4. **Is there a charge?**
   There is no cost to you. Talk One2One is a free service for Medical School students.

5. **Will anyone know if I access this service?**
   Talk One2One is completely confidential. Nobody will know you called us unless you tell somebody. Please note that in the case where we think you may be a danger to yourself or others or are experiencing any violence, we may need to break confidentiality to ensure that you get assistance. If we need to break confidentiality, we inform you that we are going to do so, and work with you to find an appropriate professional or support person to assist you.

6. **What are some of the kinds of problems that Talk One2One could help me with?**
   Students should feel encouraged to use this resource for a broad range of issues—no issue is too small. Examples of problems you can call us about include:

   - Stress over studies
   - Worried about finances
   - Drinking too much
   - Coping with a problem relationship
   - Balancing school, work & home life
   - Dealing with grief
   - Depression
   - Divorce