Students and learners across the nation are facing uncertainty and experiencing heightened stress right now. We are here to support you and your mental health, and want to make sure that you’re able to easily access high-quality care.

This week, Talkspace’s Director of Clinical Content, Dr. Amy Cirbus, will host an engaging discussion—moderated by Talkspace’s Sr. Account Manager, Monica Chow—exclusively for you, our students. Many of the challenges that students are facing at the moment will be addressed, including: adjusting to life at home, returning to campus, remote learning, loss of campus resources, financial hardships, disconnection and more. There will be a live Q&A session. This is intended to be an open conversation, so students are invited to also share some of your stories and experiences. **We strongly encourage attendees to feel safe in their anonymity of keeping their videos off and/or using a nickname.**

**WHEN:** Thursday, May 21 from 1-2pm ET

**WHERE:** [https://zoom.us/j/4660330852](https://zoom.us/j/4660330852)

**WHO:** Students from Talkspace’s Greek, University, and educational partners are invited to join. Registration is on a first come, first served basis as space is limited.

**WHY:** Get actionable tips from an expert on how to get through tough times, and get your mental health questions answered in real time.

If you’d like to anonymously ask questions ahead of time, please fill out [this form](#) and Dr. Amy Cirbus will address as many as she can on the call during the Q&A portion.

We hope to see you there!