

A place to...

Ven<sup>T</sup>  
Rel<sup>A</sup>x  
Fee<sup>L</sup> Heard  
Ma<sup>K</sup>e a Connection

## Contact Information:

102B Lares  
215-881-7350  
Office Hours Posted on Door  
*NO Appointment Necessary*

## Advisors:

|               |              |
|---------------|--------------|
| Donna Monk    | Bryan Polk   |
| djm40@psu.edu | bep3@psu.edu |
| 215-881-7350  | 215-881-7548 |

## Interested in joining A Place To Talk?

We welcome students with an interest in becoming peer counselors. If you are pursuing a career in psychology, teaching, human resources, medicine, nursing, or any field that requires good people skills and the ability to listen, you should consider becoming a member of this club. It is a great opportunity to provide a beneficial service to the campus community by offering information for healthy living choices and by offering your time to listen and console a peer in need. If you do not wish to become a peer counselor, your services could be used in development and implementation of health programs hosted by A Place To Talk.

**A Place To Talk**  
102B Lares  
215-881-7350



This publication is available in alternative media on request. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. U.Ed 06-106



# A Place To Talk



*Students  
Helping  
Students*

## What is A Place To Talk?

A Place To Talk is a student-to-student support group that provides confidential opportunities to talk. It is a place where students can receive information and outside referrals if needed.

These services are open to all students who wish to share a problem, seek out information, or simply talk to someone anonymously.



### Club Services

- Peer counseling in a safe, private environment
- Informational resources and referrals to the Personal Support team or outside agencies when needed
- Educational programs to educate students and faculty about physical and emotional health issues

## Who are the members?

The members are a diverse group of student volunteers who have been trained in peer counseling to support other students. Peer counselors are not professional counselors. They have been trained in active listening to provide non-judgmental, unbiased, personal attention.

More importantly, they are peers who may be able to help other students gain insight and understanding through common experience and a shared perspective.



*There are no strangers here at  
Penn State Abington.  
Just friends you have not met yet!*

## How you can benefit from A Place To Talk?

Some things are difficult to talk about even with close friends or family. Some issues can become more complicated or confusing when discussed with someone who is involved or biased. Sometimes no one is around, or no one is available to listen when a student needs to talk.



A Place To Talk is a safe place where students can explore their concerns, feelings, or needs with another student who has the time and interest to listen.

Visit A Place To Talk in 102B Lares; office hours are posted on the door, and no appointment is necessary.