

Chat with a JHSAP Counselor

Summer Schedule



Fridays from
10:30am-12:00pm

Online
& In-Person

For International Students

These Chats are open to international students from all countries and can be held in English or Spanish.

Chats are free, confidential, and are about 10-30 minutes.

Come chat with Milly

- If you have questions about mental health
- If you want to get strategies for managing stress/academics/life
- If you want to find resources that fit your needs and identities

Chat with a Counselor is not a substitute for counseling and does not constitute mental health treatment.

Milly Altamira, LMSW, is a bilingual counselor at the Johns Hopkins Student Assistance Program (JHSAP)



Register:

