

A close-up, high-resolution photograph of a person's eye, looking directly at the camera. The eye is dark and expressive, with visible eyelashes and skin texture. The background is a soft, out-of-focus skin tone.

# LET'S TALK

*We are living in unprecedented times.*

*We are being simultaneously  
confronted with:*

*A global pandemic*

*Social unrest driven by systemic  
racial injustice*

*Catastrophic wildfires*

*Widespread uncertainty about the  
upcoming election*

*The challenges of online learning*

*It is only natural and human to  
feel overwhelmed.*

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**CAPS WANTS TO HELP.  
NOT BECAUSE YOU ARE SICK.  
BECAUSE YOU ARE HUMAN.**

Call 707-826-3236 or email  
[hsucaps@humboldt.edu](mailto:hsucaps@humboldt.edu) to talk to a  
therapist. We're here for you  
Just ask for a Let's Talk Session.