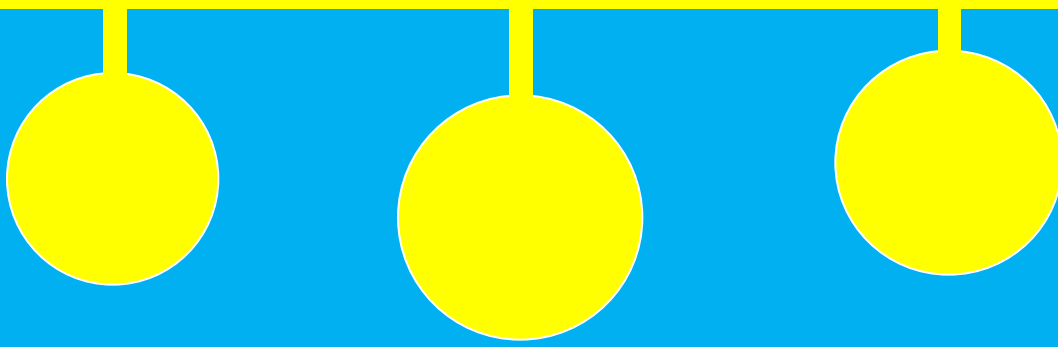


# UCLA Peer Counseling

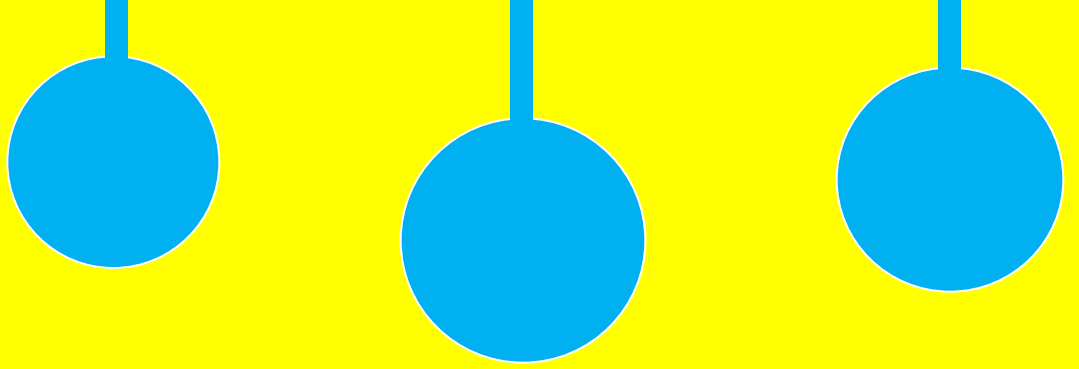
Peer Counselors are here to help guide you through many difficulties, hardships, and challenges. Every counselor is trained and advised by a UCLA faculty mentor.

## Confidentiality



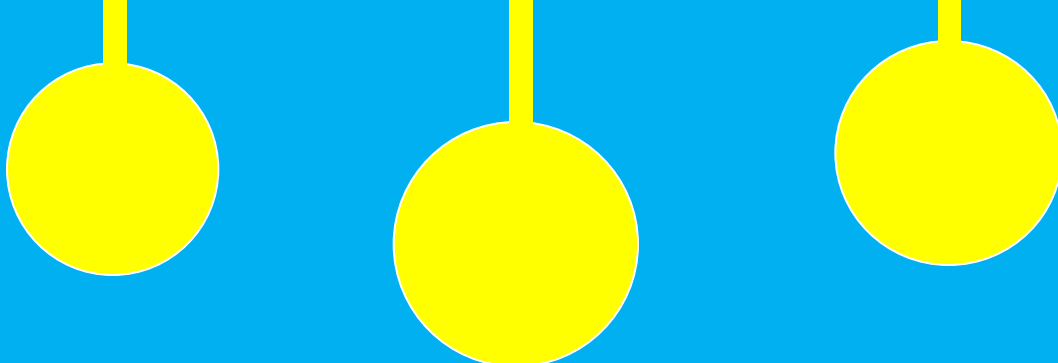
The Peer Counseling Program is strictly confidential; information **will not** be shared outside of the Program.

## What to expect?



A peer counselor will contact you within 24 hours and meet with you within 3 days.

## How to contact us!



Call or email **Lydia Nguyen** at **(310) 825-0248** or **LDNguyen@mednet.ucla.edu** to make an appointment. We are located in the Semel Institute.

"One of the most VALUABLE things we can do to HEAL one another, is to listen to each other's stories." - Rebecca Falls

