

Talk One2One FAQ Regis College On-campus Students



What is Talk One2OneSM?

Talk One2One is a resource for confidential, convenient, and 24/7 support for a number of problems that may be challenging your health or well-being. We believe that no issue is too small. You can call us for a wide range of issues, such as dealing with stress and anxiety, family problems, roommate issues, and drug or alcohol abuse.

How does Talk One2-One work?

Talk One2One provides instant access to mental health professionals when your college counseling center is closed. Talk One2One professionals are trained to deal with the specific challenges of college students and provide them with support and assistance. To access Talk One2One, simply call 1-800-756-3124 anytime on weekdays from 5PM-9AM or 24/7 on weekends.

Do I talk to someone over the phone or in person?

Initial support is provided over the phone. You start off by calling 1-800-756-3124 and talking to one of our counselors on the phone. Many times problems can be resolved within that phone call. But sometimes things are a little more complicated, and you may want to meet with somebody in person to talk through your issues in-depth. In that case, with your consent, Talk One2One staff can communicate with the College Counseling Center to follow up with you directly.

Is there a charge?

Talk One2One is offered at no cost to students through a partnership between individual colleges and AllOne Health Resources.

Will my parents or anyone else know if I access this service?

Talk One2One is completely confidential. Neither your parents nor your friends will know you called us, unless you tell them.

What are some of the kinds of problems that Talk One2One could help me with?

You should feel encouraged to use this resource for a broad range of issues. Problems that may be minor for one individual can completely overwhelm another—which is why Talk One2One abides by the philosophy that "no problem is too small." Examples of problems you can call us about include:

- Stressed out about midterms
- Homesick
- Fight with roommate every night
- Parents are getting divorced
- Having problems making friends
- Drinking too much
- Losing sleep over grades

How is Talk One2One different from assistance my school may provide?

Because our support begins on the phone, Talk One2One encourages you to reach out when you are feeling overwhelmed, before small problems become big ones. Talk One2One is different from existing resources your school may provide because it is available when your counseling center is closed, it can be anonymous, and you don't have to see somebody in person.