



1. What is Talk One-2-One?

Talk One-2-One 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, anxiety, family problems, relationship issues, and drug/alcohol use.

2. How does it work?

To access Talk One-2-One, simply call 1-800-756-3124 anytime, day or night. There's somebody to talk to 24/7/365, even during school breaks.

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

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. Sometimes things are a little more complicated, and you may want to meet with someone in person to talk through your issue more in-depth. In that case, we'd find you a counselor covered under your insurance that's close to your chapter, campus or work so you can talk to someone face-to-face. Please note: face-to-face counseling is not covered by Kappa Alpha Theta.

4. Is there a charge?

There is no cost to you. Talk One-2-One is a free service for Kappa Alpha Theta members.

5. Will my parents know if I access this service (or will anyone know)?

Talk One-2-One is completely confidential. Nobody will know you called us unless you tell somebody. Your parents won't know and nobody at your school will know you called us. Please note that in the case where we think you may be a danger to yourself or others, we may need to break confidentiality to ensure that you get assistance. But if we have to break confidentiality for those reasons, we inform you that we are going to do so, and work with you to find somebody that can assist you, such as a friend or parent.

6. What are some of the kinds of problems that Talk One-2-One could help me with?

Students should feel encouraged to use this resource for a broad range of issues—no issue is too small.

Examples of problems you can call us about include:

- Stressed over studies
- Homesick
- Coping with a problem relationship
- Parents are getting divorced
- Having problems making friends
- Worried you won't be able to pay for tuition
- Drinking too much
- Losing sleep over your grades