



# GREAT GRADES START WITH HEALTHY MINDS

We can help you link students to resources for mental health on campus and online

**USF** STUDENT AFFAIRS  
& STUDENT SUCCESS  
UNIVERSITY OF SOUTH FLORIDA  
CENTER FOR  
STUDENT WELL-BEING

The **USF Center for Student Well-Being** has multiple, free ways for students to boost their mental health this semester. **Please feel free to copy and share via email, Canvas, and/or in class:**

## **ONLINE RESOURCES:**

- *TAO | Therapy Assisted Online* (<http://www.usf.edu/student-affairs/counseling-center/what-we-do/tao.aspx>)  
TAO is an online platform that provides students modules to build management skills for stress, anxiety, and depression 24/7. It is confidential, convenient, and open to all students.
- *Online Screening* | (<http://screening.mentalhealthscreening.org/usfcchd>)  
USF offers an anonymous online screening tool for students to determine their mental health status and referrals to appropriate on-campus resources.

## **ON CAMPUS:**

- *Success and Wellness Coaching* | (<http://www.usf.edu/student-affairs/wellness/about-us/successandwellnesscoaching.aspx>)  
Success and Wellness Coaching is a free resource that allows you to explore and gain awareness of your ability to live the life you want to live. Success and Wellness Coaching takes a present-focused, positive, and strengths-based approach to mental health promotion and holistic wellness.
- *Counseling Services* | (<http://www.usf.edu/student-affairs/counseling-center/what-we-do/counseling-main.aspx>)  
The Counseling Center offers group, individual, and couples confidential counseling to students free of charge. They also offer drop-in groups and events for students seeking help on different mental health topics. Students can schedule appointments over the phone (813-974-2831) or in person at SVC 2124. Extended hours are also available for students: <http://www.usf.edu/student-affairs/counseling-center/about-us/contact-us.aspx>

**For more information about other Student Wellness offerings, please visit our website: <http://www.usf.edu/student-affairs/wellbeing/index.aspx>**