

# MENTAL HEALTH: Separating Fact from Fiction

## MYTH

Getting help is a sign of weakness.  
If I was stronger I would be able to persevere.



## TRUTH

It's okay to reach out for help. It takes strength and courage to make changes, and everyone needs help from time-to-time.

## MYTH

There's something wrong with me.  
Everyone else is doing great and I'm struggling.



## TRUTH

You are not alone...Most of us have aspects of our lives that we struggle with. Students who have joined a therapy group at USF CC are usually surprised that others struggle with the same or similar issues in their lives.

## MYTH

Going to counseling won't help me. It's a waste of time.



## TRUTH

Even when counseling doesn't change your circumstances, it could help you manage them. Most students who use USF counseling services report feeling better.

## MYTH

Counseling is for people with serious problems.  
Mine aren't as bad as other people's.



## TRUTH

It takes skill and good judgment to decide when you need help. We all do sometimes. People can see a counselor for all problems, big or small.

## MYTH

Mental health isn't that important.  
I have to focus on other things right now,  
like school and my physical health.



## TRUTH

Improving our mental health can often have a positive effect and improve other important aspects of life, including: academics, physical health, and relationships.

## MYTH

Mental health and physical health are separate and don't affect each other.



## TRUTH

Did you know that your mental health and physical health are intertwined?  
Read the list of depression and anxiety symptoms:

- Fatigue
- Anger
- Irritability
- Loss of Interest in Work or School
- Loss of Interest in Hobbies
- Sleep Disturbances

## MYTH

If I get mental health help at USF, my parents or academic program will find out.



## TRUTH

USF Counselors will only share information if you are an imminent threat to yourself or someone else. USF mental health counseling is required by law to be confidential.

