

# 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.



Learn how to use USF Mental Health Resources at [usf.edu/wellness](https://usf.edu/wellness)