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.

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

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Learn how to use USF Mental Health Resources at usf.edu/wellness