








7 USF MENTAL HEALTH RESOURCES TO KNOW ABOUT

	WHAT IS IT?	GOOD IF YOU:	WEBPAGE:
 <p>MENTAL HEALTH EDUCATION</p>	<ul style="list-style-type: none"> • Blogs, websites, and fliers covering depression, stress, and anxiety • Signs and symptoms information • Connects to resources 	<ul style="list-style-type: none"> • Want to learn about mental health • May not be aware of signs and symptoms of mental health concerns 	<p>usf.edu/onlinementalwellness</p>
 <p>TAO</p>	<ul style="list-style-type: none"> • Self-directed mental wellness screenings • Modules on anxiety, stress, depression, and more • Mindfulness videos 	<ul style="list-style-type: none"> • Want to learn at your own pace • Are experiencing stress, anxiety, or depression • Are not ready to talk to your counselor • Want to learn skills on their own before deciding if you want counseling 	<p>https://www.usf.edu/student-affairs/wellness/emotional-well-being/tao.aspx</p>
 <p>SUCCESS AND WELLNESS COACHING</p>	<ul style="list-style-type: none"> • A USF Success & Wellness coach helps you create goals and plans, and helps keep you accountable • Available by phone, online, or on campus 	<ul style="list-style-type: none"> • Are not sure about counseling • Would like to hear a counselor's perspective • Have a specific issue they would like to discuss • Have a concern about a friend and need some perspective 	<p>Usf.edu/successwellnesscoaching</p>
 <p>LET'S TALK</p>	<ul style="list-style-type: none"> • Brief consultation • Requires zero paperwork • No appointment required 	<ul style="list-style-type: none"> • Are not sure about counseling • Would like to hear a counselor's perspective • Have a specific issue they would like to discuss • Have a concern about a friend and need some perspective 	<p>https://www.usf.edu/student-affairs/counseling-center/what-we-do/lets-talk.aspx</p>
 <p>DROP IN GROUPS</p>	<ul style="list-style-type: none"> • Addresses specific topics • Led by counselor 	<ul style="list-style-type: none"> • Curious about group-style support • May not be able to consistently attend group • Are interested in specialized topics, such as Mindfulness Meditation, Emotional Expression through Art, and Soothing the Self 	<p>https://www.usf.edu/student-affairs/counseling-center/what-we-do/group-counseling.aspx</p>
 <p>WORKSHOP SERIES</p>	<ul style="list-style-type: none"> • Addresses specific topics • Led by a counselor 	<ul style="list-style-type: none"> • Looking for others to relate to • Interested in self-discovery with like-minded others 	<p>https://www.usf.edu/student-affairs/counseling-center/what-we-do/group-counseling.aspx</p>
 <p>ONLINE COUNSELING</p>	<ul style="list-style-type: none"> • Individual mental health counseling 	<ul style="list-style-type: none"> • Are unable to make it to USF regularly • Commute or are taking online classes • Have a computer and are in the state of Florida • Mutually agree on this treatment option with a counselor 	<p>usf.edu/counseling</p>