

USC UNION COUNSELING SERVICES



FREE FOR STUDENTS, FACULTY, AND STAFF

THERAPY: MYTH VS FACT

MYTH: Counseling is only for serious problems.

FACT: You don't have to be in crisis to benefit from support.

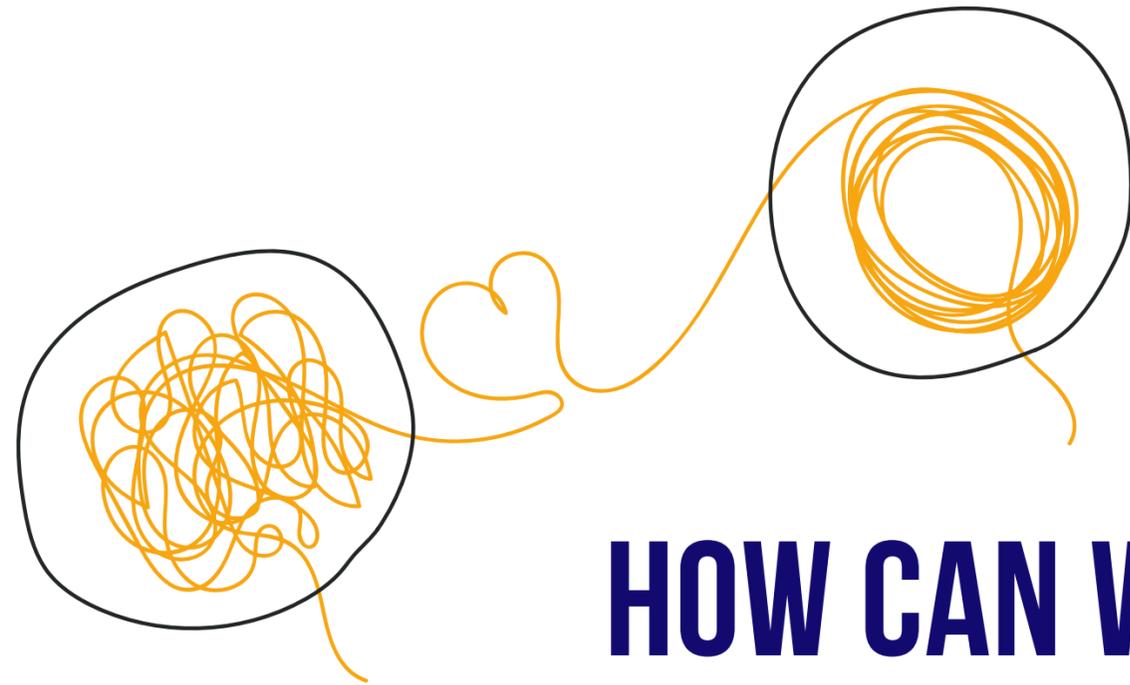
MYTH: People will think I'm weak.

FACT: Asking for help is a sign of strength.



WHAT CAN WE HELP WITH?

- Anxiety and stress
- Adjustment to life changes
- Academic pressure or burnout
- Relationship issues
- Identity exploration
- Depression or feeling overwhelmed



HOW CAN WE HELP?

- Individual, tailored counseling sessions (including nature therapy)
- Group counseling
- Resources
- Referrals for long-term or specialized services

Located on the top floor of the
Central Building in Room 207.

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We take your confidentiality
and privacy very seriously.

