



# Mental Health and International Students



## Understand common causes of stress and anxiety



Culture Shock can stem from a change in cultural norms, language, food, and environment. Many international students experience culture shock during their first semester.



It's also common for international students to feel homesick. While it's normal to miss family and friends, prolonged homesickness can negatively impact your time at UofSC.



Loneliness can make it difficult to connect and form friendships. Making friends in a new culture takes time.



In some parts of the world, mental health is not openly discussed. This can make it difficult to tell others how you are feeling or to ask for help.

**Facts**

- 39% of students experience a significant mental illness.
- Seeking help shows that you are motivated and self-aware.
- Doctors and Counselors are legally prohibited from sharing your information with parents, friends, and faculty.
- Mental health offices are safe places to discuss your experiences.

**Myths**

- Counseling is for crazy people.
- Everyone will know if you see a counselor.
- Mental illness is a sign of weakness.
- Your discussions with your counselor will be on your permanent record.

## Know what resources are available

Therapy Dog



Wellness Coaching



Psychiatry



C.A.L.M. Oasis for mindfulness and meditation



Individual & Group Counseling



Online Counseling



Couples Counseling

All students have a limited number of free counseling sessions with their student health fee. You can schedule appointments on MyHealthSpace. For more information: <https://bit.ly/3cATH9I>

## Familiarize yourself with your insurance



Call your insurance company to ask what is covered.



Visit your insurance company's website or call the number on your insurance card to find a provider.



Check if there is a list of services that are covered in your plan.



Ask if prescription co-pays vary by generic or name-brand medications.

## Be prepared for your appointment

- 1 Be ready to talk about health history and experiences.
- 2 Have documents such as insurance card, doctor's notes, and prescriptions with you.
- 3 Be prepared to fill out health history questionnaires.
- 4 Ask questions about treatment plans, scheduling appointments, medications, and next steps.
- 5 Be clear about what you need to feel better.

## Practice Good Self-Care

- Eat a healthy balanced diet.
- Walk on the Horseshoe or at the gym.
- Acknowledge your feelings.

- Listen to your favorite music.
- Join a student organization.
- Keep a consistent sleep schedule.