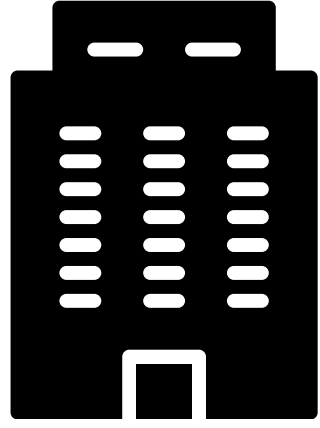


# MENTAL HEALTH AND WELLNESS RESOURCES

## Counseling Centers



- Located at both campuses: Engemann on UPC and Eric Cohen on HSC
- Crisis Support
  - Walk in for urgent matters
  - After hours, call: 213-740-9355 (WELL)
- "Let's Talk"
  - Drop in program - no appointment necessary

<https://studenthealth.usc.edu/counseling/>

## Wellness Groups at Engemman



- Group Counseling
  - Topics include: Anxiety, Perfectionism, Mindfulness, Confidence, Communication Skills, Bipolar Support, and more

<https://studenthealth.usc.edu/counseling/group-counseling/>

## Mindful USC



- Mindfulness Service
- Offers training, practice groups, and special events
- Classes are free and have limited space
- Practice Groups are drop-in, with no registration required
- Free Mindful USC app available

<https://mindful.usc.edu/>

## OT Thrive



- OT 100
- 1 semester, 1 unit class with no grade or homework
- Allows students to explore wellness and well-being
- Involves faculty presentations and small group sessions

<https://chan.usc.edu/academics/minor-in-os/minor-courses>

## Office of Religious and Spiritual Life



- Hosts events focused on yoga, tea, and more
- Includes clubs and organizations related to religion
- Interfaith/Interspiritual/Service Clubs are also available
- Host groups related to mindfulness that are open to faculty, staff, and students

<https://orsl.usc.edu/>



# USC CLUBS PROMOTING MENTAL HEALTH AND WELLNESS



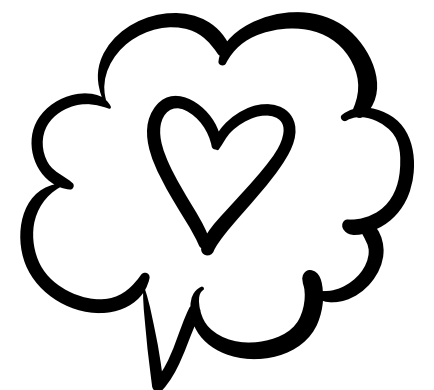
USC is home to over 1,000 clubs and student organizations. Here are 7 that promote and support mental health and wellness on campus.

1

## ACTIVE MINDS AT USC

USC's chapter of Active Minds is a student mental health advocacy group that works to increase awareness of mental health issues and increase the resources available for students.

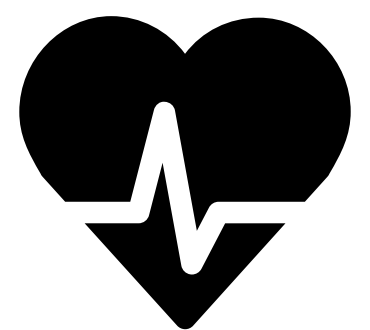
Email: [activemindsusctrojans@gmail.com](mailto:activemindsusctrojans@gmail.com)



2

## ACTIVELY MOVING FORWARD

A national campus organization that connects college students facing grief to each other to promote empowerment and support. Members typically meet twice a month with additional off-campus outings.



3

## MIND BODY STUDENT CAUCUS

A group led by USC's School of Social Work, dedicated to promoting wellness at USC. They offer weekly interactive sessions focused on wellbeing, innovation, relaxation, breathing, chair and laughter yoga and happiness overall.

<https://dworakpeck.usc.edu/student-life/student-organization/student-caucuses-and-interest-groups>



4

## NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI)

USC's chapter of NAMI host meetings dedicated to reducing stigma and barriers around mental health where members are able to discuss lived experiences and raise awareness.



5

## RECESS (RELAX, EMPOWER, CONNECT AND ENGAGE IN STRESS-RELIEF STRATEGIES)

A new student organization on the HSC campus that works to promote stress relief strategies for students.



6

## SKY: YOGA AND MEDIATION CLUB AT USC

A club dedicated to promoting the benefits of yoga and mediation. They organize weekly yoga classes as well as regular hikes and other yoga and medication events.

<https://orsl.usc.edu/organizations/interest/interfaith/>

7

## TROJANSUPPORT

A peer-support organization exclusively for Trojans where students are connected with highly trained fellow students to relieve stress through conversation.

Email: [tsupport@usc.edu](mailto:tsupport@usc.edu)

