

USF Wellness resources (in addition to SOS/SOCAT at <https://www.usf.edu/student-affairs/student-outreach-support/>):

USF provides Health and Wellness services to students on all campuses through several offices. You can check out [usf.edu/wellness](https://www.usf.edu/wellness) for a wide variety of health

St. Petersburg campus

- <https://www.stpetersburg.usf.edu/student-life/wellness/prevention-services/index.aspx>

Sarasota-Manatee campus

- <https://www.sarasotamanatee.usf.edu/campus-life/health-and-safety/counseling-and-wellness-center/index.aspx/self-help-tools/cwc-recommended-resources/>

- Blogs on mental health, including depression and anxiety:

<https://bewellusf.com/2019/03/19/physical-signs-you-might-be-anxious/>
<https://bewellusf.com/2019/03/19/physical-signs-you-might-be-anxious-2/>

- Take an online mental health screen:

Tampa campus

<https://www.usf.edu/student-affairs/wellness/services/online-tools/tao.aspx>

