

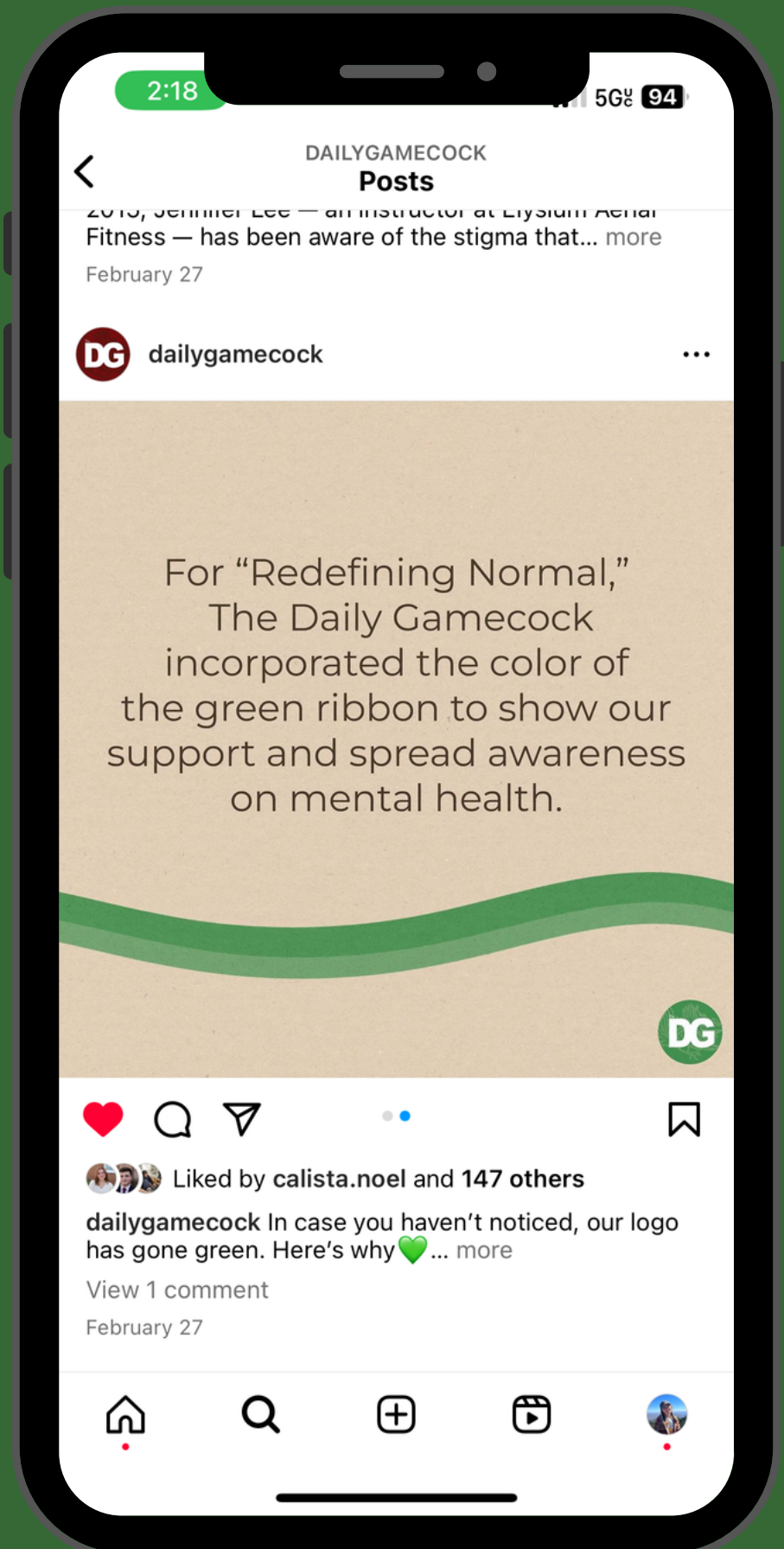
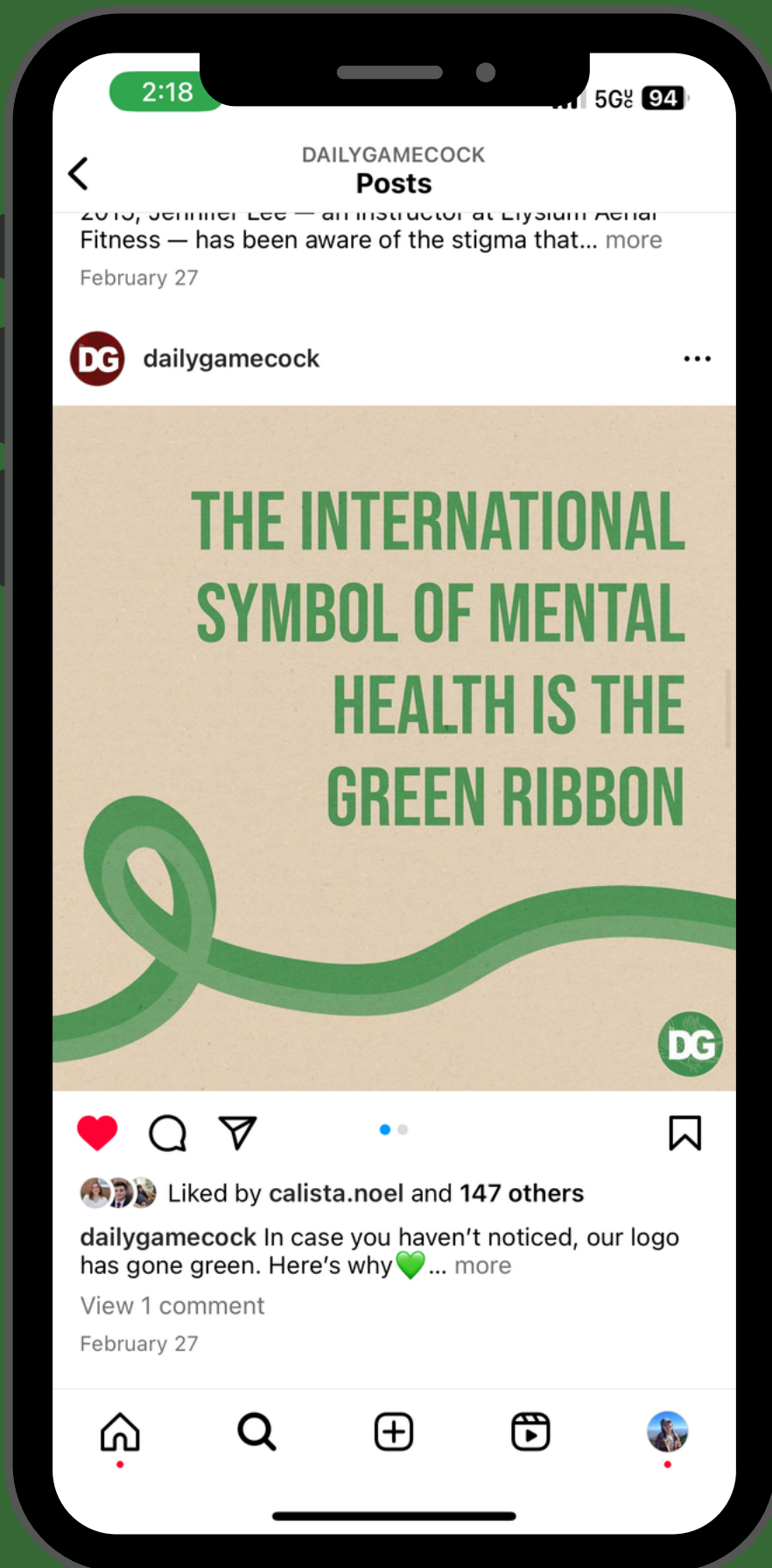


Redefining Normal

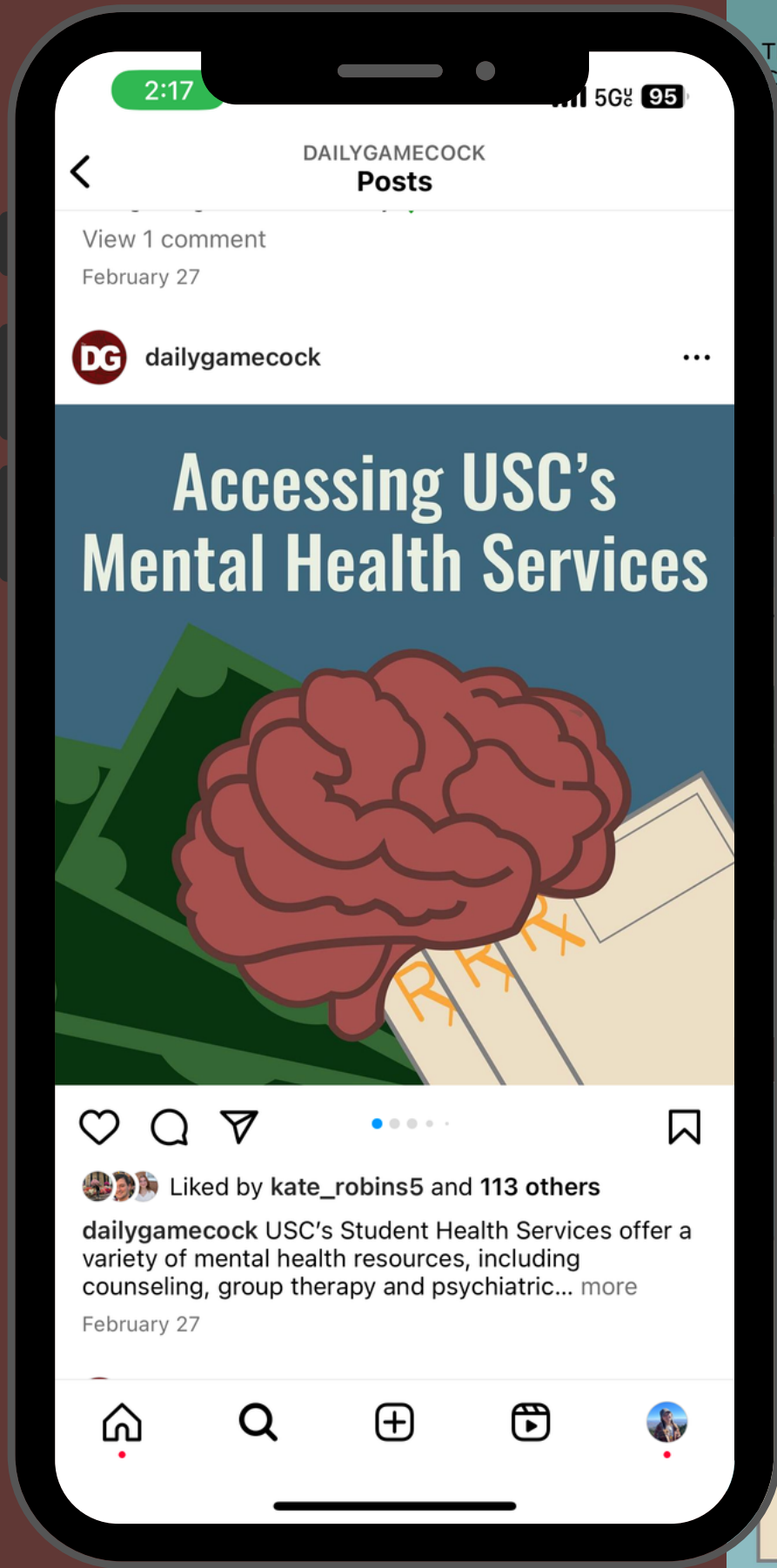
The Daily Gamecock produces primarily online content, but also creates themed print editions. "Redefining Normal" focused on reporting on issues of mental health across campus. We utilized social media to feature content from the edition and engage with our audience.

<https://www.instagram.com/p/CpK4hU00s0s/>

Instagram



<https://www.instagram.com/p/CpLotlKOrzp/>



The USC Student Health Services' Counseling & Psychiatry provides,

Individual in-person or online counseling

Group therapy

Psychiatric services

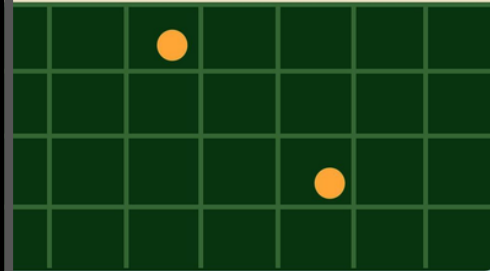
**24/7
crisis
hotline**
833-664-2854

DG

All counseling services are accessible at **no cost** if a student has paid the student health fee.

DG

USC's internal counseling center can usually only provide appointments **once every two or three weeks.**



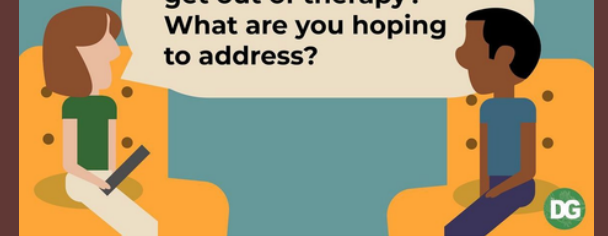
This is **less frequent** than standard therapy.

DG

Initial counseling appointments are **preliminary assessments** to see what services would their needs fit best.

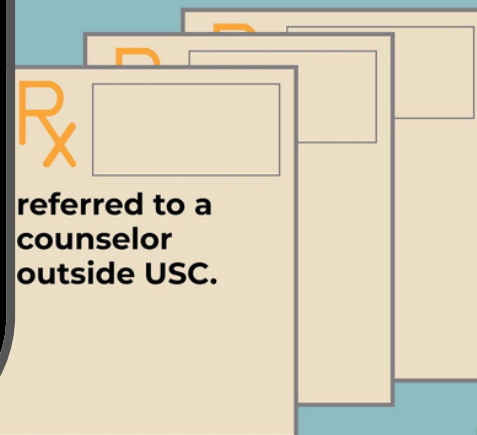
In a client's first therapy session, they can expect to be asked:

What do you want to get out of therapy?
What are you hoping to address?



DG

If a client requires more frequent services, they would be

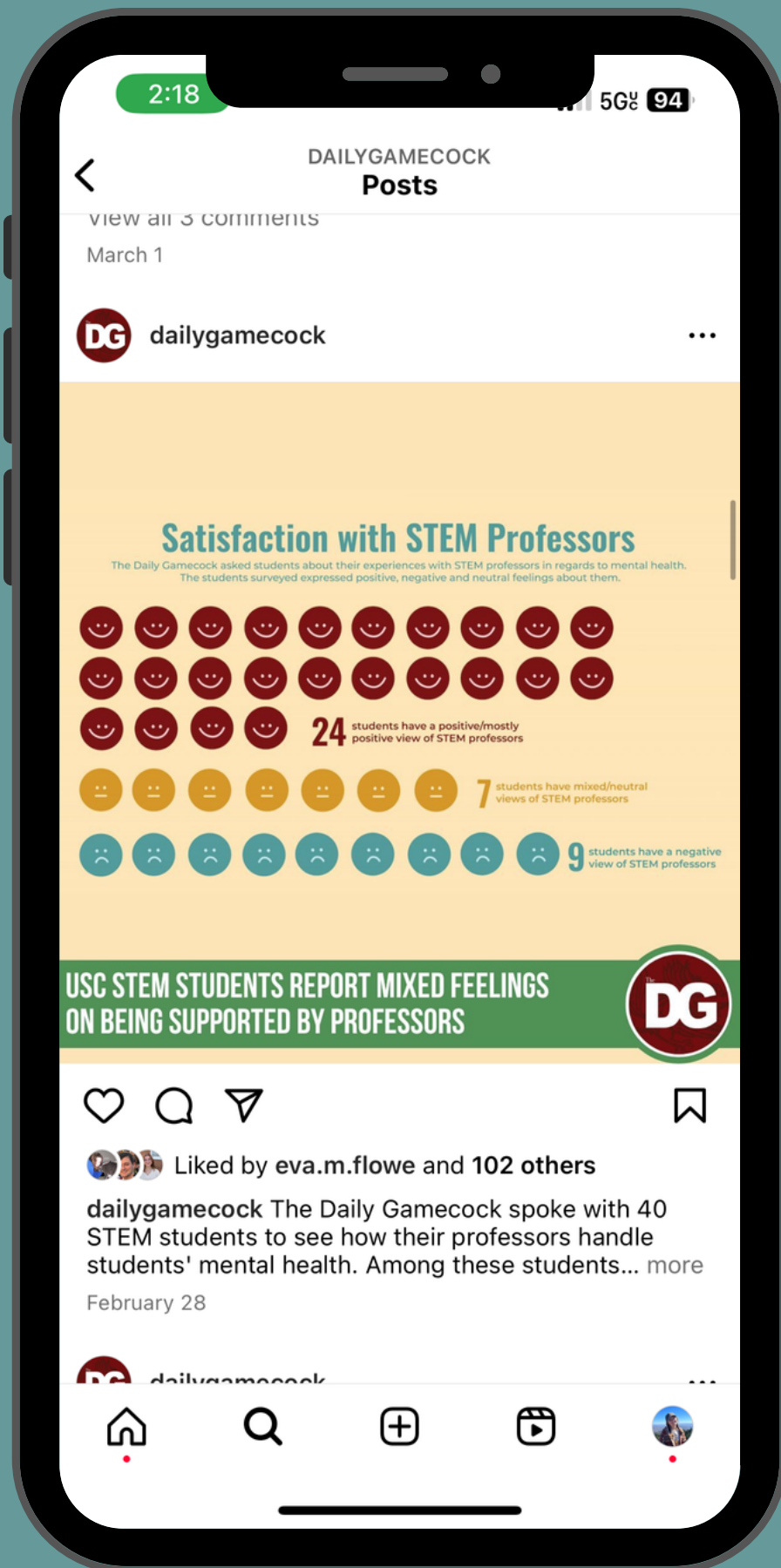
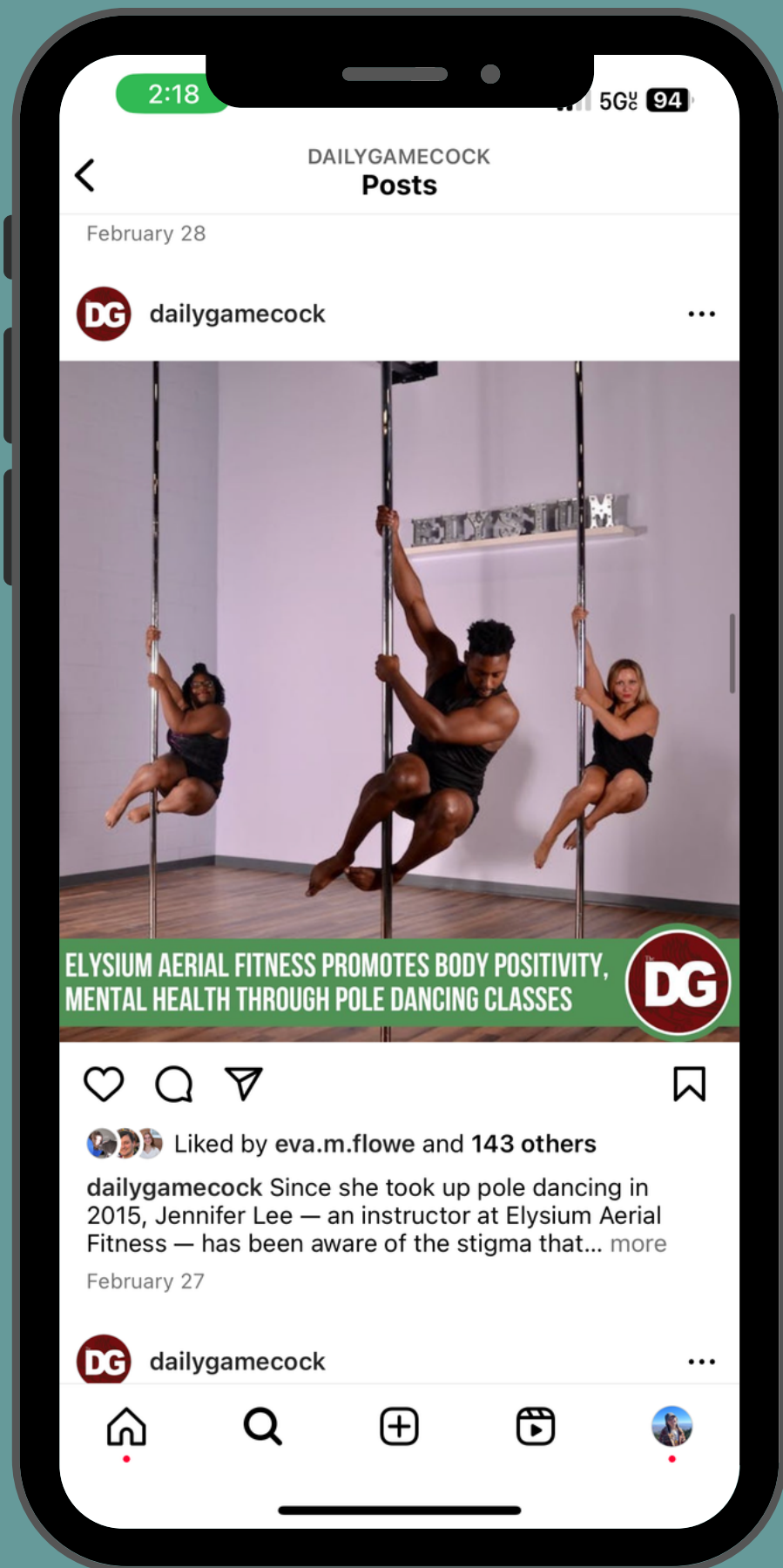


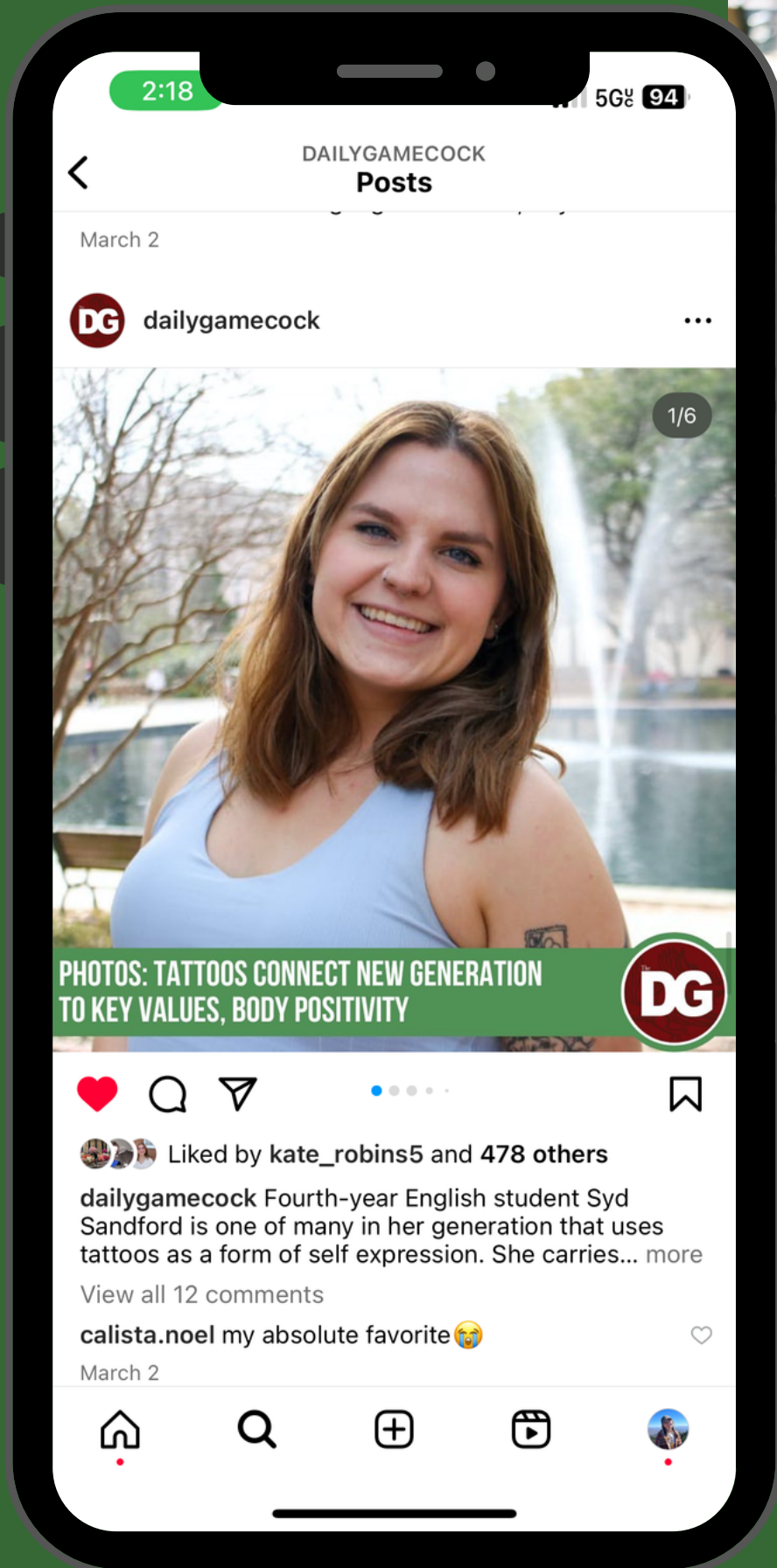
DG

Cognitive behavioral therapy is the most common type of therapy.



DG





<https://www.instagram.com/p/CpSoj5ROLfv/>

<https://twitter.com/thegamecock/status/1630281714042826753>

Twitter

The Daily Gamecock @thegamecock · Feb 28
What's your favorite way to cope with stress?

working out

watching TV or reading

self-care night in

hanging out with friends

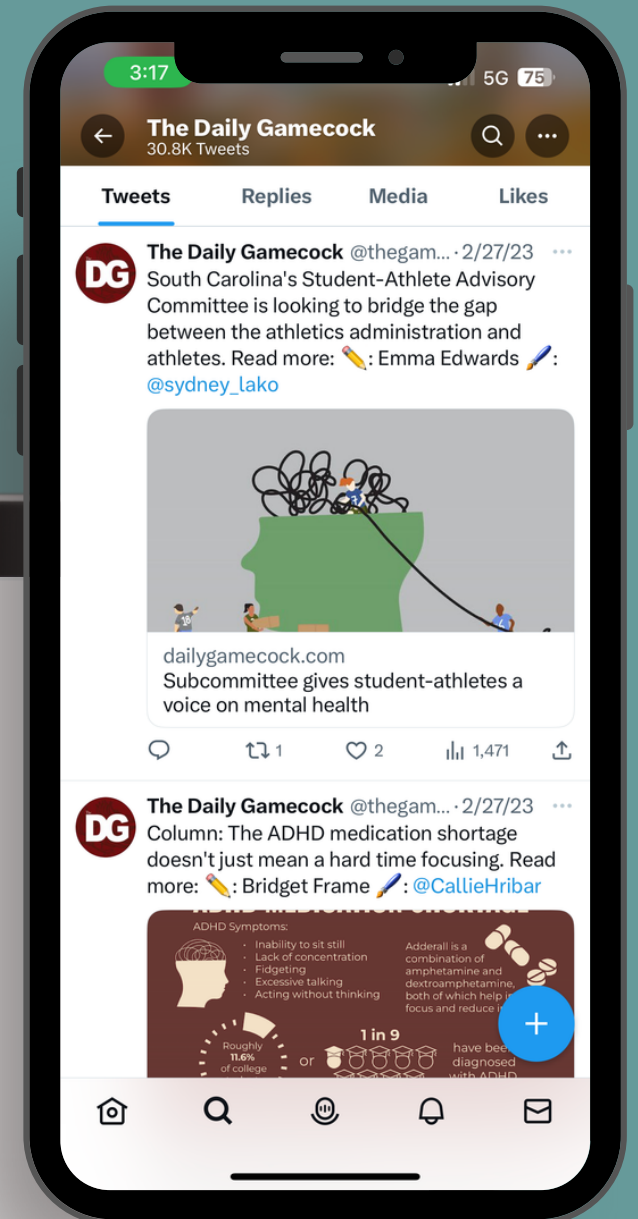
104 votes · Final results

2

8

5

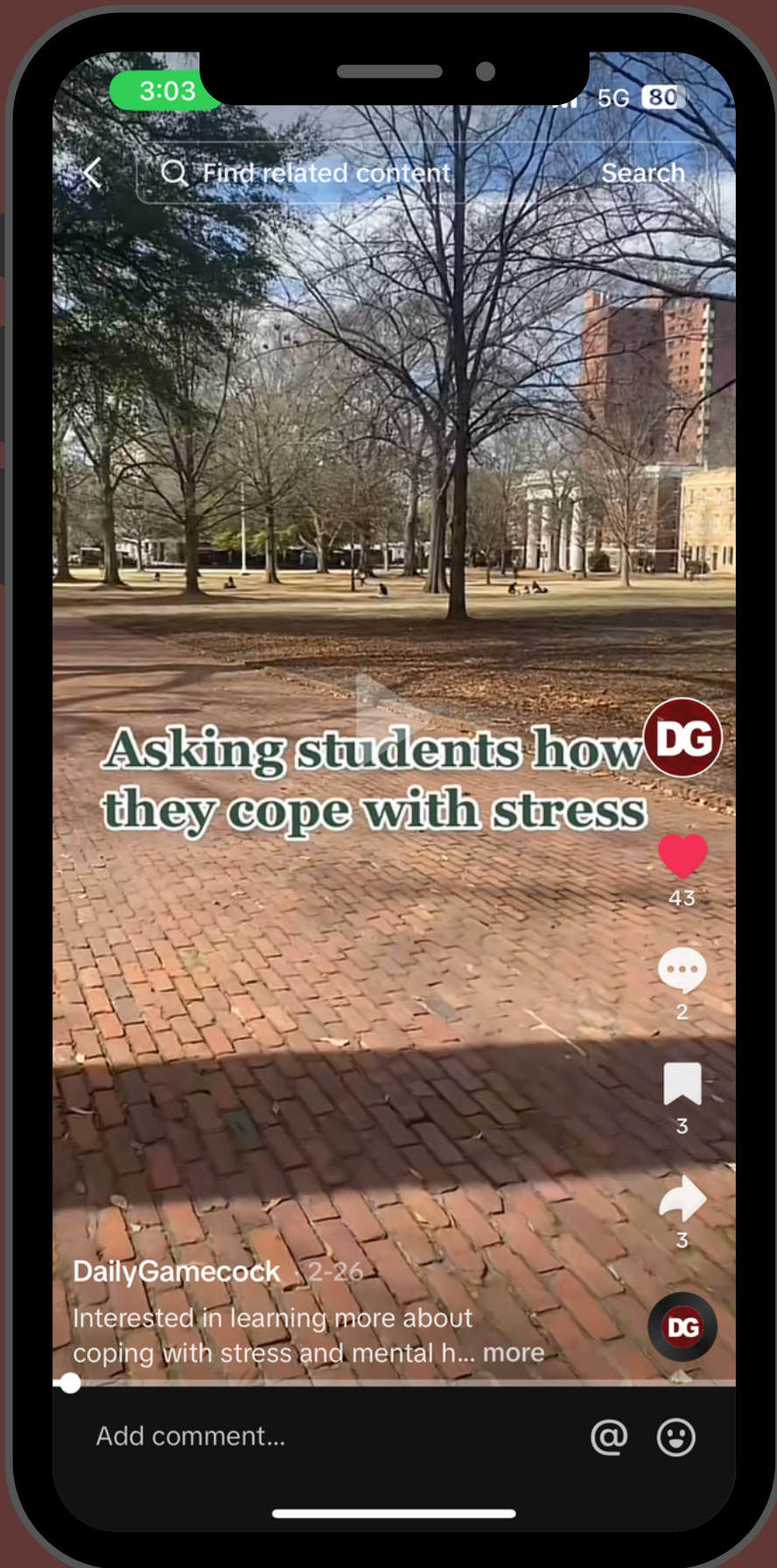
4,641



<https://twitter.com/thegamecock/status/1630650724005871616>

TikTok

<https://www.tiktok.com/@dailygamecock/video/7205324859553877290>



<https://www.tiktok.com/@dailygamecock/video/7204610569893301550>