

Jc Tells Her Story

One of my closest friends has battled with depression from a very young age. There were many times I could tell something was off, but I struggled to find a good way to approach her. She has received therapy and is doing much better, but there are still tough days when she continues to battle with her depression. Although she had counselors as resources in high school and middle school this was never an option she wanted to utilize. I believe this choice was out of intimidation and fear that everyone would find out what she was experiencing and become too involved in her personal life. The Hope and Healing Foundation could serve as an outlet other than school counselors that students could confide and find support through. As a college student I have notice how fragile mental health can really be. Everyone always tries to educate students about the transition to a university but no one's experience is exactly the same, and no PowerPoints or lectures can truly prepare students for what they may go through. When introducing the Hope and Healing Foundation to a college campus such as the University of Florida, I envision an organization that all students are aware of and feel completely comfortable utilizing when they need help. Although UF does offer counseling, I feel as though the connection between faculty and students can be very different than connections between students and other students. When talking to other students' people may feel at ease, and more open. Sometimes all people need is someone to talk to, rather than someone to fix their problems. The stigma around counseling is you attend because you need help or need to fix certain issues and once those issues are solved, you are typically done; perhaps the Hope and Healing Foundation can make it clear to students that yes, we do want to help solve your issues, but we also want to maintain our relationships to the point where students feel comfortable consistently coming to us when they are in distress. I envision the Hope and Healing Foundation as a support system for college students who are experiencing any type of problems that affect their mental health. UF is full of volunteer organizations, sports clubs, and many other extracurricular activities, but this organization is something that I feel UF lacks. I know so many fellow freshmen who would've benefit from a resource like this, myself included so with that being said, I would love to help get this organization onto our campus.

