

*Breaking the Counseling Stigma among College Students*

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The purpose of this study is to examine the attitudes of college students toward seeking professional mental health help from a rural setting. The secondary purpose is to examine the relationship between mental health (e.g. self-compassion, stress, anxiety, depression) and attitudes towards seeking professional help. Participants will be asked to complete a quantitative survey on their smartphones through a link. Participants will include undergraduate college students in the state of Georgia. Students from the University of West Georgia and other schools nearby will be the target audience. Being on campus to talk to students while using other connections like social media, different organizations groups and class time has been very beneficial in gaining feedback on the surveys. Participants completed the Attitudes toward Seeking Professional Help Scale (ATSPH), Self-Compassion scale (SCS-12), and the College Adjustment Scale. All results will be analyzed using a correlation. We expect that there will be a correlation in students feeling inadequate at some point during their college experience along with a low number of individuals who actually are prepared to seek professional help. We hope to learn that through proper education awareness and mental health stigma reduction that these numbers change for the greater good of our society.