

## A true happiness has returned



Having a decision to study in National Chung Hsing University is the right thing for me. I do really mean that actually. I had been worried before I made a decision such as my personal study conditions, circumstances, food, living cost, etc. Even I did a research, but at the end of the day, there are some answers that I need to figure out by myself. Should you ask me about the secret corner in the university where I never forget is that Health and Counseling Center, Hui Sun Auditorium.

Two years ago, I had been experiencing with anxiety, stress, and I was unhappy. Although, my life seemed completely good, I intended to study and yes, I got good grades. Through and through, I felt anxious, not so confident. I started to cry with no reasons when I'm alone. I tried to pull myself and figure out what happened: what I should do next and how I could solve problems. I finally found the way to solve it, psychiatrist is the best option. I decided to do some research right away, and luckily our university had a mental health consultation service.

After I knew the information, I decided to walk in and ask for a consultation. I would not be able to see a psychiatrist immediately on that day, as an appointment is required in advance. After signing the request, the center emailed the appointment date of the treatment. All the time the treatment was started, It didn't change suddenly, but I felt comfortable. Probably, it was because of some questions from psychologists. It changed some of my perspectives. I feel like I could be happy again, and that's what I want most.

Many people may be worried, many may be embarrassed when people know that, but for me, I chose to walk in with hope, and I never hide it to other people that I went to see a psychiatrist.

Ever since that day, I started to feel better about myself. I posted this experience to my social media. As a result, several people came to ask me questions. That means there are a lot of people facing the same problem, but they've probably never noticed themselves before, or maybe don't know what to do, or who to consult. One thing I always tell people who are close to me. When feeling unwell, we have to go to see the doctor whether physically or mentally because some things may not be able to heal on our own.

The OIA recently sent a press release email a new channel, free mental health counseling from a psychologist or university psychiatrist. I was impressed that the OIA's focus on international students' mental health issues has been overlooked by many, but with crises, many people inevitably face mental health issues, or even international students, some of whom have to come abroad alone. Those students may be more concerned than usual whether it's language or new things to face, as well as higher-level learning. Therefore, the university's focus on students' mental health issues may increase their comfort among parents.

Nowadays I'm happy, and I feel happier than ever. After that therapy session, I haven't gone back there yet. Back in that day. I am grateful to myself for noticing my own changes. Accepting the truth and choosing to solve them, it made me smile again today. My special place may not be like everyone else's. For me, where I'm already happy and comfortable, that's the most precious special place.

