The CWC is Here to Serve UF Students

CWC’s counselors are here to support UF students in their educational journey and to help them achieve their personal wellness goals along the way. Our primary commitment is to ensure that each student is connected with the best-fitting campus or community resources to meet their needs.

Eligibility and Fees

Enrolled UF students are eligible for our services. Our services are covered by the student health fee. Additional information is available on our website.

We value and celebrate diversity based on national origin, race, gender identity and expression, sexual orientation, ethnicity, ability or disability, social class, age, worldview (religion, spirituality, and other values), and other social identity groups. We believe that valuing cultural diversity from a global perspective maximizes human growth and enhances the quality of life in our community, on our campus, and throughout the world.

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To make an appointment call

**352-392-1575**

For more information visit

[counseling.ufl.edu](http://counseling.ufl.edu)

At your first appointment, a counselor will briefly guide you through identifying and accessing the best services for your needs.

Office Hours

Monday–Friday, 8 am–5 pm

Emergency Walk-in Hours

Monday–Friday, 9 am–4 pm

Available 24/7

Crisis Phone Consultation

352-392-1575

Crisis and Urgent Services

Crisis and urgent services are available to UF students, as well as family, staff, and faculty who are interested in consulting about a student. CWC counselors are available during the above walk-in hours for in-person urgent and crisis consultations at both of our locations:

**3190 Radio Road**

**and the 4th Floor of Peabody Hall**

3190 Radio Road

Gainesville FL 32611-2662

counseling.ufl.edu

352-392-1575
Our Mission
The Counseling and Wellness Center is the primary provider of mental health services for University of Florida students. We believe that the college years are a time for change, growth, inquiry, and development. We foster this development through compassion, empowerment, advocacy, hope, empathy, and heart. We embrace cultural diversity and nurture a healthy and healing campus environment for all.

Students Come to the CWC for
- Stress and anxiety
- Depression
- Relationship concerns
- Adjustment to college
- Academic difficulties
- Substance abuse recovery
- Eating and body image concerns
- Trauma recovery, including sexual assault, abuse, and harassment
- Grief
- Cultural oppression, including concerns related to sexual orientation, gender identity, disability, ethnicity, race, and others

Privacy and Confidentiality
CWC’s faculty and staff place a high priority on privacy and confidentiality. Communications between a client and a counselor, including the decision regarding whether or not to seek services, are confidential to the full extent provided by law.

Additional information regarding privacy and confidentiality is available on our website.

Our Services
- Group, Individual, and Couples Counseling
- Crisis intervention
- Wellness services including drop-in workshops and biofeedback
- Educational presentations
- Psychological assessment
- Referrals to SHCC Psychiatry and other campus and community resources
- Online self-help, including relaxation tools and trainings

Mind and Body Center
The Mind and Body Center is a place to learn about reducing stress and improving well-being through a variety of online, technological, and in-person resources. Meditation, biofeedback, neurofeedback, virtual reality, and movement activities are some of the tools we offer to support a healthy emotional and physical state. We will help you integrate these resources and skills into your daily life so you can have them with you wherever you go.

BAM! Best Allyship Movement
BAM! is an online training that introduces ways to engage in active allyship. In about an hour you can explore your multiple intersecting identities and learn new allyship skills. When you engage in allyship you have the opportunity to improve your interpersonal relationships and help UF become a more inclusive place for all!

Learn more at counseling.ufl.edu/bam

What is Counseling?
Counseling provides the opportunity to address your concerns in a confidential, private, and non-judgmental setting with one or more counselors who facilitate the session. Through counseling, we strive to understand your concerns; give you support; help you explore your thoughts, feelings, and behaviors; and assist you in gaining skills and perspectives to address your concerns. Students new to counseling are sometimes hesitant at first but typically gain comfort with experience. Group and individual counseling are our most commonly used services.

Group Counseling
A counseling group is usually comprised of 6–10 students who meet regularly with 1–2 facilitators. During the sessions, members listen to each other’s concerns and openly provide feedback, while the facilitator guides the conversation. These interactions help you gain an understanding of yourself and others, explore new ways of relating with others, and learn more about the ways you interact. Some groups are also focused on teaching specific coping skills.

Individual Counseling
Individual counseling is when you meet regularly with an assigned counselor in a 1:1 setting. We provide short-term counseling. Some students benefit from only 1–2 sessions and others may attend more. Most students attend an average of 4–6 individual sessions.

Current as of October 2019