

To make an appointment call

352-392-1575

Monday–Friday, 8am–5pm

Before your consultation you will be asked to submit multiple forms prior to your appointment. If you call, you will receive them via email to complete & submit before you arrive for your consultation. Please have your Gator 1 ID on-hand throughout this process & during any appointments with us.

FOR MORE INFORMATION VISIT:



**counseling.ufl.edu/
online-scheduling**

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 below 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

Available

24/7

Crisis Phone Consultation

352-392-1575

**Mental Health Emergency Walk-in Hours
Monday–Friday 9 am–4 pm**

UF | CWC

Counseling & Wellness Center



CWC faculty and staff assist UF students cultivate their mental health and well-being in support of their personal, educational, and career development.

UF | Division of Student Affairs
UNIVERSITY of FLORIDA

The CWC is Here to Serve UF Students

At the **Counseling and Wellness Center (CWC)** we believe that the college years are a time for change, growth, inquiry, and development. We strive to help students learn the skills to cope with the stresses of change and growth, so they are better able to learn and thrive after their time as a student is over.

Although our primary audience is UF students, we consistently work with student groups and organizations. We receive requests from all campus community partners: students, staff, faculty, and administrators. To the extent that our clinicians’ schedule allows, we provide outreach services directly to staff, faculty, and administrators to enhance their understanding of CWC services and their skills to support UF students.

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 other concerns.**



If you know that you are interested in connecting with a mental health resource in the community and are not sure how to get started, scheduling a brief consultation with the CWC is a great first step.

Our Services and Staff

Enrolled UF students are eligible for our services. Our services are covered by the student health fee. Our interdisciplinary staff is here to support our students finish their educational programs successfully and achieve their personal wellness goals along the way.

- ◆ **Consultation and referrals**
- ◆ **Case management**
- ◆ **Short-term counseling**
- ◆ **Group, couples’/relationship therapy**
- ◆ **Crisis services**
- ◆ **Outreach, self-care and educational programs**

Brief Consultation & Case Management

CWC faculty and staff assist UF students cultiA consultation is not a therapy session; it is a structured 20-30 minute meeting with a counselor that specialize in guiding you through identifying and accessing the best services for your needs.

Appointments with a case manager are facilitated by our Consultation and Referral Team (CART). CART members will typically refer a student to case management after a brief consultation if they identify mental health needs or other concerns that will better served by a resource outside of the CWC’s scope of care.

Privacy and Confidentiality

CWC’s faculty and staff place a high priority on privacy and confidentiality. Consultation as well as communications between a client and a counselor is a confidential service and what you share with us will remain confidential to the full extent provided by law.