

Schedule a Consultation Today!

BY PHONE:

352-392-1575

(Monday–Friday, 8AM–5PM)

OR ONLINE:



counseling.ufl.edu/os

PLEASE NOTE: Prior to your consultation, you will be asked to complete multiple forms. It will be helpful to have your Gator 1 ID on-hand throughout this process & during any appointments with us.

Crisis & Urgent Services

Crisis & urgent services are available 24/7 by phone to UF students, as well as family, faculty, & staff who are interested in consulting about a student.

We also offer walk-in crisis consultations, during the hours below, at both of our locations (3190 Radio Road & the 4th Floor of Peabody Hall).

CRISIS PHONE CONSULTATION
352-392-1575

AVAILABLE
24/7

CRISIS WALK-IN HOURS:

Monday–Friday, 9AM–4PM

UF | CWC

Counseling & Wellness Center



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

UF | Division of Student Affairs
UNIVERSITY of FLORIDA

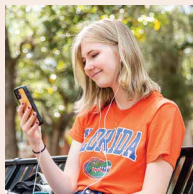
The CWC is Here to Serve UF Students

At the **Counseling & Wellness Center (CWC)** we believe that the college years are a time for change, growth, inquiry, & development. We strive to help students develop skills to nurture their overall well-being and support their long-term personal, educational, and career goals.

Although our primary audience for clinical services is UF students, we consistently work with student groups & organizations via our **outreach program**. Our providers make every effort to fulfill requests received for collaboration and engagement in outreach events. We accept requests for outreach participation from all campus community partners including students, staff, faculty, & administrators. This program is designed to increase awareness of CWC services, while teaching skills that can empower members of the Gator Nation!

The CWC Helps Students With:

- ◆ Stress & Anxiety
- ◆ Depression
- ◆ Relationship Concerns
- ◆ Adjusting to College
- ◆ Academic Difficulties
- ◆ Substance Abuse Recovery
- ◆ Eating & Body Image Concerns
- ◆ Trauma Recovery (including sexual assault, abuse, & harassment)
- ◆ Grief
- ◆ Cultural Oppression (including concerns related to sexual orientation, gender identity, disability, ethnicity, race, etc.)



We also help students connect with mental health resources in the community. **If you are interested, but don't know where to start, scheduling a brief consultation with us is a great first step!**

Our Services

Our interdisciplinary staff provide the following services to support students' educational journey & help them achieve their personal wellness goals:

- ◆ Consultation & Referrals
- ◆ Crisis Support
- ◆ Case Management
- ◆ Short-Term Individual Counseling
- ◆ Group, Couples/Relationship Therapy
- ◆ Outreach, Self-Care, & Educational Programming

UF students who contribute to the university health fee may access CWC counseling services (i.e. individual counseling) at no cost.

Brief Consultations & Case Management

At your first appointment, you will meet with a member of our Consultation & Referral Team (CART) for a **brief consultation**. This is not a therapy session; but rather a structured 20-30 minute meeting with a counselor who will evaluate your needs and help connect you with the most appropriate resources.

If your needs would be better served by a resource outside of the CWC, you may be referred to **case management**. Our case managers help students seek funding sources for personal long term care, while also providing support for those navigating food/housing security, emergency situations, and managing access to various resources.

Privacy & Confidentiality

CWC's faculty and staff place a high priority on privacy and confidentiality. **Communications between a client and a counselor, including what you share during your consultation, will remain confidential to the full extent provided by the law.**