

# How to Bounce Back

*Tips & Resources for growing your resilience*



SCAN ME



[counseling.ufl.edu/suicide-prevention](https://counseling.ufl.edu/suicide-prevention)

**UF CWC**  
Counseling & Wellness Center

# Tips for Growing your Resilience

**BE KIND TO YOURSELF**

**DO WHAT YOU NEED**

**LISTEN TO YOUR BODY**

**UNPLUG FROM MEDIA**

**TALK IT OUT**

**PRACTICE STRESS REDUCTION**

**USE OLD STRATEGIES**

**GET SUPPORT**

## **UF RESOURCES**

### **Counseling and Wellness Center**

(352) 392-1575 (24/7 phone support)

Learn more about Crisis Support from the CWC and our Suicide Prevention and Education programs  
([counseling.ufl.edu/crisis](https://counseling.ufl.edu/crisis))

### **U Matter We Care**

(352) 294-2273

### **Student Health Care Center**

(352) 392-1161

### **GatorWell Health Promotion Services**

(352) 273-4450

### **University Police Department**

(352) 392-1111

### **Office of Victim Services**

(352) 392-5648

## **COMMUNITY RESOURCES**

### **Alachua County Crisis Center**

352-264-6789

### **Text & Chat available 24/7**

[988lifeline.org/chat/](https://988lifeline.org/chat/)

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

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