



REFER

Below are areas and departments at the University of Florida with resources, staff, and missions to support students' well-being and health. Review the different relevant concerns of each area and reach out or refer students when necessary.

Gatorwell

gatorwell.ufsa.ufl.edu - (352) 273-4450

Relevant concerns

- Sexual Health
- Sleep
- Alcohol & Drugs
- Interpersonal Violence
- Time Management
- Stress Management
- Mindfulness
- Studying & Test Taking Skills



Scan to visit gatorwell.ufsa.ufl.edu

Counseling & Wellness Center

counseling.ufl.edu - (352) 392-1575

Relevant concerns

- Counseling
- Mental Health Workshops
- Emotional Support
- Consultation
- Crisis Consultation



Scan to visit counseling.ufl.edu

RecSports

recsports.ufl.edu - (352) 846-1081

Relevant concerns

- Physical Activity
- Nutrition
- Sport Programs
- Aquatics
- Outdoor Recreation



Scan to visit recsports.ufl.edu

Disability Resource Center

disability.ufl.edu - (352) 392-8565

Relevant concerns

- Assistive Technology
- Classroom Accessibility
- Academic & Testing Accommodations



Scan to visit disability.ufl.edu

CARE Area

care.dso.ufl.edu - (352) 392-1261

Relevant concerns

- Case Management
- Medical Petitions
- Food Security



Scan to visit care.dso.ufl.edu

More Resources

DRC Faculty Page
disability.ufl.edu/faculty

Helping a Disruptive Student
counseling.ufl.edu/disruptive

Worried About a Student?
counseling.ufl.edu/worried-about-student

Five Ways You Can Help a Student in Distress
counseling.ufl.edu/student-distress

SHCC Psychiatry

shcc.ufl.edu/shcc-psychiatry

Relevant concerns

- Clinical Psychiatric Care
- Medication Management



Scan to visit shcc.ufl.edu/shcc-psychiatry

Student Health Care Center

shcc.ufl.edu - (352) 392-1161

Relevant concerns

- Primary, Urgent & Acute Care
- Immunizations
- Pharmacy
- Physical Therapy
- Women's Health
- LGBTQ+ Health
- Sports Medicine



Scan to visit shcc.ufl.edu

In need of more support?

Find the "Orange Folder" at bit.ly/uf-orange-folder

UF Supporting Students' Health & Wellbeing

Brought to you by
U Matter, We Care
& Division of Student Life

A quick reference guide for directing students to resources that support their health & wellbeing.



WELL-BEING

is defined as an optimal and dynamic state that allows people to achieve their full potential, focusing on two interdependent types of well-being: individual and community.

· Individual well-being is defined within three broad and interrelated categories: perceiving one's life as being generally happy and satisfying, having one's human rights and needs met, and one's contribution to their community.

· Community well-being is defined by relationships and connectedness, perceived quality of life for all people in the community, and how well the community meets the needs of all members.

DIMENSIONS OF WELLNESS



Wellness can impact our personal and academic lives. So, it is beneficial to attend to our wellness across all dimensions. As part of the University of Florida's efforts to foster student well-being the University uses a multi-dimension model of wellness. This model is simply known as the Dimensions of Wellness.

Students report that stress and anxiety are two of the biggest obstacles to their academic success. Imbalance in one or more of the dimensions of wellness may contribute to stress and anxiety among college students. By examining each dimension as individuals and within our community, it is possible to identify those neglected areas leading to imbalance and implement strategies to improve our overall well-being. This step may include activating personal skills as well as campus and community resources.

By focusing on the "whole" — the whole person, the whole educational experience, the whole institution, the whole community — well-being becomes a multifaceted goal and a shared responsibility for the entire institution.

bit.ly/gw-dimensions-of-wellness

Exploring Stepped Care

With so many resources out there to choose from it can be difficult to know where to start when looking for support. In this model each step builds upon the last to create a strong foundation of resilience for our students.

