

## Mental Health and Stress

### Primary Office

[UF Counseling & Wellness Center](#)

### Main Resource

<https://umatter.ufl.edu/helping-students/mental-health/>

### Definition

**Mental Health** concerns can arise from many causes, including but not limited to: anxiety, depression, emotional downturns, relationship problems, academic struggle, financial difficulty, family issues, career pressure, substance abuse and addiction, etc.

### Steps to Follow

#### What to do when you have SUICIDAL thoughts or know someone who has them:

- UF Counseling & Wellness Center: 352-392-1575 (Available 24/7)
- Alachua County Crisis Center: 352-264-6789 (Available 24/7)
- National Suicide Prevention Lifeline: **988** (Available 24/7)
- More resources available at <https://counseling.ufl.edu/resources/suicide/>



#### What to do if someone is in IMMEDIATE DANGER:

- Do not leave them alone. Act immediately and directly.



#### What to do if you think someone will harm themselves or others:

- Report to UFPD



#### What to do if you have mental health concerns (non-emergency):

- *In case of emergency contact directly to 911.*
- [Counseling and Wellness Center](#)  
Address: 3190 Radio Road  
Phone: 352-392-1575  
Hours: Monday - Friday, 8:00 am - 5:00 pm  
Crisis/Emergency Walk-in Hours: Monday - Friday, 9:00 am - 4:00 pm
- [Care Area](#)  
Address: Peabody Hall, 3rd Level  
Phone: 352-294-2273  
Email: [umatter@ufl.edu](mailto:umatter@ufl.edu)  
Hours: Monday - Friday, 8:00 am - 5:00 pm

- [GatorWell Health Promotion Services](#)  
Address: Reitz Union, Suite 1100 (1st Level)  
Phone: 352-273-4450  
Email: GatorWell@ufl.edu  
Hours: Monday - Friday, 8:00 am - 5:00 pm
- [GatorCare Talkspace](#)  
Free online counseling and psychiatry



→ U Matter,  
We Care

**Helping students in Distress (Flow Chart adopted from [UF Orange Folder](#))**

