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 themself 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
  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

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

- **Is the student a danger to themselves?**

  - Yes
    - The student’s conduct is clearly dangerous or threatening, including self-harm or harm to others.
    - Call 911 or UFPD at 352-392-1111
  
  - No
    - I am not concerned for anyone’s immediate safety, but the student is having significant academic and/or personal issues and could use some support.
    - Refer student to campus resources, as appropriate.

  - I’m Not Sure
    - The student is with me currently and shows signs of distress, but it is not clear how serious it is. I feel uneasy and/or really concerned about the student.
    - Call CWC, 352-392-1575, 8am to 5pm.
    - If outside of hours or on a weekend you will be connected to an on-call counselor.
    - Submit Care Concern online at umatter.ufl.edu