We are dedicated to supporting students toward successful completion of educational programs by

- Enhancing and maintaining students’ psychological and emotional **well-being**
- Providing support in **situational crises**
- Assisting students **when functioning is impaired**
Wide Range of Presenting Concerns
How the CWC Can Assist
**Group Therapy**

- Understanding Self and Others
- Taming the Anxious Mind
- Sexual Assault Recovery

**Drop-In Workshops**

- Emotional Fitness
- ¿Que Pasa? Discussions

95% of participants recommend it to other UF Students

30+ options per semester
Drop-in presentations include:
- Adjusting to (and enjoying) college life,
- Building social confidence,
- Improving attention through mindfulness,
- Reducing test anxiety
- and more.
CWC Services

- Group Therapy
- Short-term Individual Therapy
- Short-term Couples Therapy
- Psychological Testing
- Psychiatric Consultation
- Crisis Intervention
CWC Main Building
3190 Radio Road
Sexual Harassment / Assault Recovery

- UF has a ZERO TOLERANCE policy on sexual harassment, assault and abuse.

- CWC provides
  - confidential psychological support for victims,
  - guidance and information about reporting and campus resources,
  - collaboration with other units (Victim Advocacy, Dean of Students Office etc.) as authorized by student.
Confidential substance abuse evaluation and services designed to empower students to manage and/or discontinue alcohol and other drug use.

Collegiate Recovery Community
- Support for students in recovery from any addiction
- 12-Step meetings on campus
- Intentional, structured social activities to promote alcohol/drug free lifestyle
- Therapy groups for relapse prevention and skill building to encourage continued recovery
Online CWC Services

Therapist Assisted Online
7-Week Online Anxiety Treatment

at-risk Kognito
Online Training to Learn How to Help a Student in Distress
Solve a problem
Where does my time go?
Getting things done

• Beating procrastination
• Managing anxiety
• Staying Connected

• Take a quiz and get immediate feedback

UF UNIVERSITY OF FLORIDA
www.counseling.ufl.edu

- Additional **self-help** resources
- Guidance for **parents** & family members
- Information about services

**Online support when and where it is convenient**
Additional Wellness Services on site

Biofeedback Lab

iPod Recordings for Skill Building

Yappy Hour with our Certified Therapy Dogs
Wellness Reminders through Facebook

TAKE CARE HOW YOU speak to yourself BECAUSE you are listening.

RESEARCH SHOWS MEDITATION CAN BE HELPFUL IN LOWERING HEART RATE AND BLOOD PRESSURE, AND EVEN IMPROVING THINKING.
MEDITATE.

SMILE AT STRANGERS.

TRUTH & DARE
Counseling & Wellness Center
Live Optimally

- **Services** available to **ALL** registered UF Students
- **Hours of operation**
  Monday through Friday
  8:00 a.m. – 5:00 p.m.
- **24/7 Phone consultation**
  available for students in distress
You Can Expect Someone Who …

- **Is interested** in listening to your concerns
- **Will be open** to discuss anything you wish
- **Will be affirming** of personal identities informed by their
  - race/ethnicity
  - gender
  - ability
  - religious affiliation
  - gender expressions
  - sexual orientation
  - nationality
  - language
  - and more
- Will maintain the highest **ethical and legal standards of confidentiality**
Counseling & Wellness Center

3190 Radio Road
Down the street from Lakeside Residence Hall
Easy access by bus & Free parking for clients
Confidentiality

- **Not part of students’ educational records.**

- Any information students provide and their counseling records are **strictly confidential**, except in life threatening situations or in cases of suspected child or elder abuse or when required by law.

- Only the STUDENTS can give consent for release of information.
Questions?
Please call us at 352-392-1575