

MENTAL HEALTH SUPPORT



- **Employee Assistance Program (EAP)**

- Toll-free number gives you direct, 24/7 access to a licensed counselor, who will answer your questions and, if needed, refer you to a counselor or other resources
- Call: [833.306.0103](tel:833.306.0103) Website: eap.ufl.edu
- In addition, the State of Florida PPO and HMO as well as GatorCare insurance provide mental health benefits

- **Resilient Gator**

- Designed to inform and empower the campus community to build resilience coping skills. Request an in-person presentation (group) or access online for on-demand viewing (individual)
- Website: wellness.hr.ufl.edu/initiatives/programs/resilient-gator/ Email: hws-wellness@ufl.edu

- **UF Mindfulness**

- UF Mindfulness: Interdisciplinary group of researchers and staff offering weekly programs and resources
- Website: mindfulness.ufl.edu

- § **Wellness Library**

- § Recorded webinars and presentations given by experts from UF and UF Health on a variety of topics including mental health
- § Website: wellness.hr.ufl.edu/resources/wellness-library/