

October 4, 2023



In honor of Mental Illness Awareness Week (October 1-7, 2023), I want to remind everyone of the many mental health benefits and resources available to the UFCOM community. If you or someone you care about is struggling, help is available (and in many cases FREE!). Please see below and **save this email** and/or print a copy for future reference.

Also check out the UFCOM Wellness website for more resources to promote wellbeing:

www.wellness.med.ufl.edu

Resources for FACULTY, RESIDENTS, POSTDOCS, & STAFF are listed after STUDENTS.

STUDENTS

UF Counseling & Wellness Center

Counseling services and online resources available for all UF students.

401 Peabody Hall (4th Floor), 1500 Union Road, 352-392-1575

<https://counseling.ufl.edu/>

Register for free workshops at: <https://counseling.ufl.edu/outreach/workshops/>

UFCOM Office of Student Counseling & Professional Development

Short-term counseling available to all UFCOM students (medical students, PA students, graduate students)

Harrell Medical Education Building, Suite 446 (4th Floor)

Email: beverly@ufl.edu, 352-273-7925

<https://counseling.med.ufl.edu/counseling/>

Student Health Care Center Psychiatry Services @ CWC

Outpatient psychiatry services available for all UF students.

3190 Radio Rd (1st Floor), 352-392-1575

<https://shcc.ufl.edu/services/specialty-care/shcc-psychiatry/>

STUDENT CRISIS SERVICES:

UF Crisis & Emergency phone counseling: (352) 392-1575

UF Counseling & Wellness Center Crisis & Emergency Resource Center (CERC) (Emergency Walk-in Hours: Monday through Friday, 9am-4pm)

352-392-1575: ask for CERC support staff

401 Peabody Hall (4th Floor), 1500 Union Road, Gainesville, FL32603

UF Health Shands Psychiatric Hospital at Vista (Emergency Walk-in Hours: 24 hours/day, 7 days/week)
(352) 265-5481 [Toll Free: 888-391-7181]
4101 NW 89th Blvd, Gainesville, FL 32606

National Suicide Prevention Lifeline: Dial 988 from any phone
Or call 1-800-273-TALK (1-800-273-8255); Or online chat: <https://suicidepreventionlifeline.org/chat/>

National Suicide Hotline: Call 1-800-SUICIDE (1-800-784-2433); Or online chat: <https://www.imalive.org/>

Alachua County Crisis Center: 352-264-6789

Alachua County Sexual Assault Helpline: Call 352-264-6760 or 1-866-252-5439 (toll free)

Nacional de Prevencion del Suicidio (en espanol): 1-888-628-9454 (toll free)

FACULTY, RESIDENTS, POSTDOCS, & STAFF (scroll down for student resources)

***NEW* On-Site In-Person Counseling Services:**

- Newly-hired psychologist ([Dr. Massiel Snow](#)) & mental health counselor/marriage and family therapist ([Devin Shorey](#)) will be offering FREE short-term counseling for employees on both the HSC and main campus.
- Available to Faculty, Staff, Graduate Assistants, Non-student OPS employees, Housestaff/Residents, Postdoc Associates.
- Early morning and evening appointments available.
- Request an appointment here: [On-Campus Therapists - Employee Assistance \(ufl.edu\)](#)

Employee Assistance Program (EAP) Services:

- UF and UF Health employees (including residents) are eligible for a limited number of free counseling sessions each academic year.
- Family members may also be eligible.
- *UF employees (faculty, residents, and staff) EAP:* <https://eap.ufl.edu> or call: **1-833-306-0103**
- *UF Health Shands employees EAP:* <https://eap.ufhealth.org/eap-program/> or call **352-265-5493**

TalkSpace Free Confidential Online Therapy and Psychiatric Management:

- UFCOM and UF Health employees who have GatorCare benefits (including Residents) are eligible to use TalkSpace for free.
- Family members may also be eligible.
- Unlimited sessions included.
- Learn more and register at <https://talkspace.com/gatorcare> or email gatorcare-support@talkspace.com for help.

UF Mental Health Access Line:

- Available to UF and UF Health faculty and staff.
- Licensed healthcare professional will assist the caller in determining what mental health resources are available/appropriate for their needs.
- Service is available 8:00am-5:00pm on Monday through Friday.

- The number is (352) 627-0032.

Outpatient Psychiatry and Psychotherapy Services through the UF Department of Psychiatry or Department of Clinical & Health Psychology clinics (Requires insurance/co-pay or self-pay)

- For UF and UF Health employees and trainees
- For assistance scheduling an appointment, call the mental health services access between 8:00am to 5:00pm (Monday-Friday) at 352-627-0032.

Care for Colleagues Services:

- UF and UF Health employees who are involved in work-related events that are emotionally challenging can meet with a trained peer who will provide needed support and guidance.
- This service is completely confidential and free of charge.
- Request peer support by calling 352-494-5795 to be matched with a trained colleague.

CRISIS SERVICES:

UF Health Shands Psychiatric Hospital at Vista (Emergency Walk-in Hours: 24 hours/day, 7 days/week)

(352) 265-5481 [Toll Free: 888-391-7181]

4101 NW 89th Blvd, Gainesville, FL 32606

National Suicide Prevention Lifeline: Dial 988 from any phone

Or call 1-800-273-TALK (1-800-273-8255); Or online chat: <https://suicidepreventionlifeline.org/chat/>

National Suicide Hotline: Call 1-800-SUICIDE (1-800-784-2433); Or online chat: <https://www.imalive.org/>

Alachua County Crisis Center: 352-264-6789

Alachua County Sexual Assault Helpline: Call 352-264-6760 or 1-866-252-5439 (toll free)

Nacional de Prevencion del Suicidio (en espanol): 1-888-628-9454 (toll free)

Be well,

Lisa J. Merlo, Ph.D., M.P.E.

(Legal Name = Lisa Merlo Greene; she/her/hers)

Director of Wellness Programs, UF College of Medicine

Professor & Interim Co-Vice Chair of Faculty Development

Department of Psychiatry

University of Florida

352-294-4932

lmerlo@ufl.edu

www.wellness.med.ufl.edu



WELLNESS PROGRAMS

COLLEGE OF MEDICINE
UNIVERSITY OF FLORIDA