REFER

Below are areas and departments at the University of Florida with resources, staff, and missions to support students' wellbeing and health. Review the different relevant concerns of each area and reach out or refer students when necessary.

GATORWELL

- Time Management
- Procrastination
- Stress/Mindfulness
- Sleep
- Alcohol & Drug Harm Reduction
- Interpersonal Violence Prevention
- Healthy Relationships
- Sexual Health
- Lifelong Wellbeing

gatorwell.ufsa.ufl.edu - (352) 273-4450

COUNSELING & WELLNESS CENTER

- Counseling
- Mental Health Workshops
- Emotional Support
- Consultation
- Crisis Consultation

counseling.ufl.edu - (352) 392-1575

RECSPORTS

- Nutrition
- Physical Activity
- Sport Programs
- Aquatics
- Outdoor Recreation

recsports.ufl.edu - (352) 846-1081

DISABILITY RESOURCE CENTER

- Assistive Technology
- Classroom Accessibility
- Academic & Testing
- Accommodations

disability.ufl.edu - (352) 392-8565

CARE AREA

- Case Management
- Medical Petitions
- Food Security

care.dso.ufl.edu - (352) 392-1261

STUDENT HEALTH CARE CENTER

- Primary, Urgent & Acute Care
- Immunizations
- Pharmacy
- Physical Therapy
- Sports Medicine

shcc.ufl.edu - (352) 392-1161

SHCC PSYCHIATRY

- Clinical Psychiatric Care
- Medication Management

shcc.ufl.edu/shcc-psychiatry

MORE RESOURCES

- Helping a Disruptive Student
  counseling.ufl.edu/disruptive
- Worried About a Student?
  counseling.ufl.edu/worried-about-student
- Five Ways You Can Help a Student in Distress
  counseling.ufl.edu/student-distress
- DRC Faculty Page
  disability.ufl.edu/faculty

IN NEED OF MORE SUPPORT?

Scan the "Orange Folder"

bit.ly/uf-orange-folder

UF SUPPORTING STUDENTS *Health & Wellbeing*

Brought to you by
U MATTER, WE CARE
& DIVISION OF STUDENT LIFE

A quick reference guide for directing students to resources that support their health & wellbeing.

WELLBEING

is defined as an optimal and dynamic state that allows people to achieve their full potential, focusing on two interdependent types of wellbeing: individual and community.

- **Individual wellbeing** is defined within three broad and interrelated categories: perceiving one's life as being generally happy and satisfying, having one's human rights and needs met, and one's contribution to their community.
- **Community wellbeing** is defined by relationships and connectedness, perceived quality of life for all people in the community, and how well the community meets the needs of all members.

UF students report procrastination (42%), stress (35%), anxiety (29%), chronic medical conditions (24%), and sleep difficulties (19%) as their top impediments to academic success.

The University of Florida uses the 8 Dimensions of Wellbeing to help foster a holistic approach.

The key to this model is maintaining balance among the dimensions. By assessing each dimension comprehensively, students can identify areas requiring attention and implement strategies for optimal wellbeing. Resources at the university are aligned within and across these dimensions, providing students the ability to target their needs with a holistic approach in support of their lifelong wellbeing.

gatorwell.ufsa.ufl.edu/dimensions-of-wellbeing

Maintaining Balance

Dimensions of Wellbeing

EXPLORING STEPPED CARE

With so many resources out there to choose from it can be difficult to know where to start when looking for support. In this model each step builds upon the last to create a strong foundation of resilience for our students.

REACTIVE

PROACTIVE

AUTONOMY

INTERVENTION

6 SEEK IMMEDIATE HELP

- Call 911 for immediate emergencies
- Call the Alachua County Crisis Center(352-264-6789)
- Crisis Text Line (text HOME to 741741)
- Suicide Prevention Lifeline (1-800-273-8255)

5 ACCEPT ASSISTANCE & SUPPORT

- Crisis Counseling (352-392-1575)
- Dean of Students Office (352-392-1261)
- Hitchcock Field & Fork Food Pantry (352-294-3601)
- Student Conduct & Conflict Resolution (352-392-1261 ex. 207)

4 UTILIZE CAMPUS RESOURCES

- Counseling & Wellness Center (352-392-1575)
- Student Health Care Center (352-392-1161)
- Gatorwell (352-273-4450)
- Community & Belonging (352-294-7850)
- Care Area (352-392-1261)
- SHCC Psychiatry (352-392-1161)
- Disability Resource Center (352-392-8565)

3 TALK ABOUT CONCERNS

- Get support from a fellow student through Gator-2-Gator (counseling.ufl.edu/g2g)
- Ask your mental health questions through Ask It (counseling.ufl.edu/askit)
- Request a Wellness Coaching session (gatorwell.ufsa.ufl.edu/wellness-coaching)
- Talk to a consultation specialist at the CWC (call 352-392-1575)

2 BUILD YOUR COMMUNITY

- Join a University-sponsored organization (orgs.studentinvolvement.ufl.edu)
- Participate in Intramural Sports & Sport Clubs (recsports.ufl.edu/intramural-sports & recsports.ufl.edu/sport-clubs)
- Establish a connection to Gainesville through volunteerism and service (leadershipandservice.ufl.edu)
- Attend UF GatorNights events (studentinvolvement.ufl.edu/gatornights)

1 PRACTICE SELF-CARE

- Engage in prayer, meditation, and mindfulness (counseling.ufl.edu/mindfulness)
- Do 30 minutes of moderate to vigorous physical activity daily (recsports.ufl.edu/eim)
- Sleep uninterrupted for 7-8 hours each night (gatorwell.ufsa.ufl.edu/sleep)
- Eat a balanced diet including an appropriate amount of water based on individual characteristics such as sex and body weight (recsports.ufl.edu/nutrition-services)
- Develop a deeper sense of self-awareness through the use of a self-assessment tool (counseling.ufl.edu/self)