

ANONYMOUS ONLINE SELF-ASSESSMENT

- Complete a self-assessment screening for common mental health concerns here: <https://screening.mentalhealthscreening.org/hyho>
- Complete a physician well-being and burnout assessment here: <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/assess-yourself>
- Complete the Mayo Well-being Index here: https://www.mywellbeingindex.org/assess?utm_campaign=Well%20Being%20Index%20Announcements&utm_source=hs_automation&utm_medium=email&utm_content=43832227&_hsenc=p2ANqtz-958hJRb_WHmbzIFohFdU40OZXDmr643Es5cgRSIgReHUs4Xb-8dqVTZ0aQ-C5qap2ok668kDAzof_n1MW0YtZhht8WRg&_hsmi=43832227
- Complete online self-tests for various aspects of well-being here: <https://screening.mhanational.org/screening-tools>

COUNSELING, THERAPY, & PSYCHIATRY SERVICES

- UF Employee Assistance Program
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: 352-392-5787 or (toll free) 1-833-306-0103**
 - Online chat with a counselor and access to resources available at: <https://eap.ufl.edu/>
- Medical Psychology Clinic (psychological or psychoeducational assessment, OCD program, eating disorders, ADHD, anxiety, depression, sleep, stress)
8491 NW 39th Avenue, Gainesville 32606
 - <https://ufhealth.org/medical-psychology-shands-uf>
 - **For an appointment call: 352.265.HELP (4357)**
- Psychology Clinic (neuropsych or psych assessment, fear & anxiety clinic, depression, sleep, stress)
UF Health Shands Hospital G901 (ground floor)
 - <http://chp.php.ufl.edu/services/psychology-clinic/>
 - **For an appointment call: 352.265.0294**
- UF Couple and Family Clinic (free individual, family, and couples counseling)
618 SW 12th St., Norman Hall Addition, Room 2-130, Gainesville, FL
 - <https://education.ufl.edu/counselor-education/couple-and-family-clinic/>
 - **For an appointment email: bliss@villagecounselingcenter.net**
- Adult Outpatient Psychiatry Services
4037 NW 86 Terrace, Gainesville 32606 (off NW 39th Avenue)
 - <https://ufhealth.org/psychiatry-springhill>
 - **For an appointment call: 352.265.HELP (4357)**
- UF Health Florida Recovery Center (drug & alcohol use disorders)
4037 NW 86 Terrace, Gainesville 32606 (off NW 39th Avenue)—outpatient services
4001 SW 13th Street, Gainesville 32608—outpatient, intensive outpatient, and residential services
4101 NW 89th Blvd, Gainesville, FL 32606—inpatient detox services
 - <https://ufhealth.org/ufshands-florida-recovery-center>
 - **For an appointment call: 352.265.4FRC (4372)**