

ANONYMOUS ONLINE SELF-ASSESSMENT

- Complete a self-assessment screening for 13 common mental health concerns here: http://www.ulifeline.org/ufl/self_evaluator
- Complete online self-tests for various aspects of well-being here: <https://screening.mhanational.org/screening-tools>
- 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

COUNSELING, THERAPY, & PSYCHIATRY SERVICES

- Office of Counseling and Student Development (*free*)
Harrell Medical Education Building
[1104 Newell Drive, Gainesville, FL 32610](#)
Fourth Floor, Suite 446
To request a counseling appointment, please contact Dr. Beverly Dede via email or phone. To expedite the scheduling process, please provide the following information: 1. Your name and student status (e.g., MS1, PA student, Grad student); 2. Your availability – Monday-Friday, 9:30-4:30, and after 5:00 for clinical students; 3. Specify the urgency of your request – High, (today, if possible), Medium (this week), Low (next week)
 - **Email (beverly@ufl.edu)**
 - **Phone (352-273-8383)**
- UF Counseling and Wellness Center (individual, group, and/or couples counseling; drug & alcohol use disorder services; psychiatry services)
CWC Radio Road: [3190 Radio Road, Gainesville, FL](#)
CWC Peabody Hall: [1500 Union Rd. 4th floor, Room 401 Gainesville, FL](#)
 - <https://counseling.ufl.edu/services/>
 - **For an appointment call: 352-392-1575**
- ****Graduate Assistants may also utilize the 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.phhp.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)**

****Appointments can be expedited with referral from Dr. Beverly Dede****
- 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)**