



Explore mental health services for UF employees



Eligible UF employees, as well as their spouses or domestic partners, can take advantage of six free, confidential mental health talk therapy sessions through the Employee Assistance Program (EAP). Appointments are available in person and via telehealth with one of three dedicated therapists. Employees must live and be present in the State of Florida at the time of an appointment.

Experience Areas

- ADHD
- Anxiety
- Chronic pain
- Couples counseling
- Distress tolerance
- Grief
- Interpersonal & family dynamics
- Life transitions
- Trauma
- Stress management
- Work stressors

Eligibility

- Faculty
- Staff
- Graduate assistants
- Housestaff/residents
- Non-student OPS employees
- Postdoc associates
- Spouse or domestic partner



SCHEDULE AN APPOINTMENT



FOR QUESTIONS, CONTACT:

