

Center for Healthy Minds and Practice

Our mission is to provide behavioral health resources for all UF Health faculty, staff, students, and residents.

The UF Health Center for Healthy Minds and Practice, or CHaMP, was established to meet the growing needs of wellness and mental health support in a safe, confidential environment. All services are free of charge.

SERVICES FOR INDIVIDUALS

- Unlimited psychological support for personal, family, or workplace concerns.
- Counseling, coaching, assessment, referral, and client advocacy
- Conflict resolution
- · Brief, solution-oriented counseling
- Case management covering issues such as addiction, alcohol, or drug-related concerns and family concerns.
- · Critical incident debriefing
- · Guidance on working effectively with troubled employees
- Telehealth

SERVICES FOR GROUPS

- · Customized group counseling
- Customized educational services
- · Department workshops and training
- · Critical incident debriefing
- · Crisis response services to adverse events on campus
- Mental health and wellness opportunities that foster a healthy culture in your department
- Telehealth

For more information or to schedule an appointment, call 244.8332.



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Confidentiality Statement: Our staff is legally required to maintain the confidentiality of client information. Information concerning your use of the Center for Healthy Minds and Practice program is not part of your personnel record or recorded in EPIC. Records are kept in the CHaMP office only and protected according to confidentiality protocols.