

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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