

The College of Agricultural and Life Sciences has an embedded counselor to support you.

You can contact **Dr. Philip Daniels** at 352-392-1575 and inform the support staff that you are a student within CALS, you will then be directed to Dr. Daniels phone/voicemail. Dr. Daniels will meet with you through a tele-health platform.

If you are a student on Gainesville campus you may be seen by any available clinician or request to be seen by Dr. Daniels. If you are a student at a UF/IFAS Research and Education Center, you will be directed to Dr. Daniels for consultation and referral services. *Email communication has limited confidentiality and is reserved for scheduling,* pdaniels@ufl.edu

Urgent services are available 24/7 to students who need immediate attention. If the urgent need is happening after-hours or during weekends, support is available via phone at 352-392-1575. From 8am to 5pm, the Counseling and Wellness Center is open for appointments or walk-ins from 9am – 4pm.

CRISIS

If there is an immediate threat to self or others, you are strongly encouraged to contact 911 or get to the nearest Emergency Room.

- If the person in crisis is not you, please do not leave the student alone.
- If on campus, contact an administrator, faculty member or staff member to assist you.
- If off campus, after the event, consider notifying a Student Affairs team member so appropriate and confidential follow-up and support can be offered.

URGENT

How “crisis” and “urgent” is defined may be different for every individual. Examples of urgent needs may include:

- If you are not feeling safe.
- If you have been sexually assaulted recently.
- If you have recently experienced the death of someone close to you.

ADDITIONAL RESOURCES

Lifeline Crisis Chat (<https://suicidepreventionlifeline.org/chat/>) is a national chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Students can always call the National Suicide Prevention Lifeline at 988.

The Crisis Text Line (<https://www.crisistextline.org/>) is a platform for immediate response. It allows you to text a trained professional 24/7 and have them respond. To access this service simply text “HOME” to 741741.

For non-urgent assistance, UF has a directory of suggested apps to help students with various wellness topics <https://counseling.ufl.edu/resources/online/apps/>.

U Matter, We Care (<http://www.umatter.ufl.edu/>) is another great on campus resource. When you’re worried about a student or classmate, also consider calling 352-294-CARE (2273) or email umatter@ufl.edu.

CONTACT:

Dr. Philip Daniels, LMHC, NCC, BC-TMH

pdaniels@ufl.edu / 352-392-1575