

GatorGradCare Behavioral Health Resources

TALKSPACE

GatorCare is pleased to announce that graduate assistants, their spouses and dependents 18 years or older enrolled in GatorGradCare are eligible to participate in Talkspace, an online mental health service available at no cost. Talkspace allows you to send text, video and voice messages or schedule live video sessions with a dedicated therapist via phone, tablet or computer. Use Talkspace as a tool to manage stress, anxiety, depression, relationships or any area you may be struggling with in life.

Visit gatorcare.org/online-therapy to get started with Talkspace today!

WHY PARTICIPATE IN TALKSPACE?

- ✓ No direct cost
- ✓ Secure and confidential
- ✓ Access with a smartphone, tablet or computer
- ✓ Same day access to emotional support
- ✓ No commutes or appointments
- ✓ 1:1 relationship with licensed therapist
- ✓ Proven way to treat behavioral health conditions
- ✓ Use single-handedly or in addition to face-to-face therapy

COUNSELING & WELLNESS CENTER (CWC)

The Counseling and Wellness Center (CWC) has a range of services available for students. Whether you are experiencing a big or small concern, the CWC can help you get through it and thrive. There are three locations for CWC services.

- Counseling and Wellness Center: 3190 Radio Road, Gainesville, FL 32611
 - CWC Peabody Hall: 4th Floor (401) 1500 Union Road, Gainesville, FL 32603
 - Cypress Hall*: 1310 Museum Road Gainesville, FL 32612*
- *Must have an appointment at Cypress Hall; NO walk-ins.

For a list of services at the CWC, visit counseling.ufl.edu/services or call **(352) 392-1575** to get started!

UF EMPLOYEE ASSISTANCE PROGRAM (EAP)

Graduate assistants are able to use UF's employee assistance program. EAP offers students a chance to talk to a professional 24/7. For more information on EAP, call **(833) 306-0103** or visit eap.ufl.edu/

TIER 1 BEHAVIORAL HEALTH PROVIDERS

GatorCare has increased the number of behavioral health providers in Tier 1. Not sure how to find a provider in network? Call New Directions at **866-287-9569** to find a provider who can meet your needs!

QUESTIONS ABOUT YOUR BENEFITS? CONTACT YOUR ONSITE SERVICE REPRESENTATIVE!

Kristie Reeves is your onsite service representative at UF Health Shands North Tower. She is here to help you! Contact her at Kristie.Reeves@bcbsfl.com for any question about your insurance benefits.