

Behavioral Health Services

Currently Available to UF Health Jacksonville Staff and Physicians

Center for Healthy Minds and Practice (CHaMP)

Phone: 904-244-8332

Address: Wellness Center; 1910 Jefferson St. (next to South Parking Garage)

E-mail: CHAMP@jax.ufl.edu

- Free, Unlimited Counseling Sessions to all Jacksonville staff
- Individual and Couples therapy (no pediatric sessions).
- In-person and virtual sessions available.
- Confidential service; no EPIC charting or electronic records created.

Guidance Resources

EAP Provider for all UF Health Jacksonville – includes Shands, COM-JAX, UFJPI

Phone: 844-216-8397 available 24/7

guidanceresources.com

Web ID: UFHEALTH

App: GuidanceResources Now

- Up to 6 free sessions

Talkspace

- Digital platform for counseling, therapy, and medication services from licensed providers.
- Mental health support to all GatorCare members ages 18+, at no cost.
- Message (text, voice, video) your personal therapist -- anytime, anywhere.
- HIPAA-compliant, confidential, and secure.

Get started at redemption.talkspace.com/redemption/gatorcare

UF Health Jacksonville Psychiatry

All GatorCare members

\$35 copay

Phone: 904-383-1038 (Main Appointment Line)

New Directions

All GatorCare members

\$35 copay

Phone: 866-287-9569 available 24/7

www.ndbh.com/

Duval County Medical Society (DCMS)

Physician only service

Phone: 904-631-1446

- Appointments within 24 hours of request, including emergency sessions.
- 6 FREE sessions each calendar year to DCMS members.
- No diagnosis made, no insurance billed; no electronic records created.
- Confidential service; No information disclosure.

8/25/2021