

Call: 833.306.0103
TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a licensed counselor, who will answer your questions and, if needed, refer you to a counselor or other resources. You will be asked for your name, employer name, address, phone number and date of birth.

Online: guidanceresources.com
App: GuidanceNowSM
Web ID: UFEAP

Log on today to connect directly with a consultant about your issue or to access articles, podcasts, videos and other helpful tools.

Please note: This link will take you to a non-UF website. If it is your first time visiting, click the Register tab and enter "UFEAP" in the Organization Web ID field. You will create a unique user ID and password, which will ensure confidentiality. You will not use your Gatorlink username and password.

University of Florida

Employee Assistance Program

<https://eap.ufl.edu/>

**For answers to any questions or for
more information, please email
eap-help@ufl.edu.**



***CONTACT US... ANYTIME,
ANYWHERE***

Your UF Employee Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

All UF faculty, staff, graduate assistants, non-student OPS employees, house staff/residents, and postdoc associates as well as their household members are eligible to receive services.



Confidential Emotional Support

UF employees and each member of their household may request up to six free counseling visits per person, per event, per calendar year. Highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Worklife Solutions

Specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to an attorney for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions