ANXIOUS?

Online Therapy

TAO
Therapist Assisted Online

- Learn and practice through training modules
- Weekly video consultations

Online Self-Help

- thedesk
  Interactive modules for emotional wellness and academic success.
- Relaxation Exercises
- Links to Mobile Apps

Groups & Drop-In Workshops

- Academic Confidence
- Taming the Anxious Mind
- Ready for Success
- Emotional Fitness
- Anxiety Reduction
- Yappy Hour with Siggy the Therapy Dog

Biofeedback Lab

Visit CWC and learn how to calm your mind and body. No appointment needed.

- Individual Biofeedback Stations
- Massage Chair
- Relaxation Recordings
- Self-Hypnosis

Click for links to web.

www.counseling.ufl.edu  352-392-1575