

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Select this link to go to the EAP website: <https://eap.ufl.edu>

Confidential Emotional Support



Our licensed 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



Our 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 our attorneys 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



Our 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

The University of Florida Employee Assistance Program (UF EAP) offers someone to talk to and resources to support you whenever and wherever you need them.

Call: 833.306.0103

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to an expert, who will answer your questions and, if needed, refer you to a licensed counselor or other resources.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: UFEAP

Log on today to connect directly with an expert about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

Contact the UF EAP

Call: 833.306.0103

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: UFEAP