

**ANXIOUS
DEPRESSED
OVERWHELMED**

70,000 GATORS

SCARED

ISOLATED

CONFUSED

AND NOT 00001

EXHAUSTED

STRESSED

LOST

TO SPARE

**U
CAN
HELP**

DO YOU KNOW SOMEONE LIKE THIS?

U Matter, We Care extends UF's culture of care by providing those in distress with the appropriate resources. If your friend, classmate, roommate, colleague, teammate, or loved one needs support, contact U Matter, We Care for assistance.

CONTACT US

UMatter.ufl.edu
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352 294 CARE (2273)



Make a difference. Be part of the solution.