The underlying philosophy of the U Matter, We Care initiative is that UF community members care about each other and proactively reach out to help when needed. U Matter, We Care extends UF’s caring culture by educating our community about signs and symptoms of distress, and providing those in distress the appropriate resources.

**What to do:**
Reach out to those in distress.
Help them know how to access resources.

**Who can help:**
Counseling and Wellness Center
(352) 392-1575 ~ counseling.ufl.edu/cwc
Dean of Students Office
(352) 392-1261 ~ dso.ufl.edu
Housing and Residence Education
(352) 392-2161 ~ housing.ufl.edu
International Center
(352) 392-5323 ~ ufic.ufl.edu
University Police Department
(352) 392-1111 ~ police.ufl.edu

**Where to learn more:**
352-294-CARE (2273)
umatter.ufl.edu
umatter@ufl.edu

**Why should we care?**
It could be your friend, colleague, roommate, classmate, teammate, or loved one who needs support.

**Make a difference.**
**Be part of the solution.**