

High Intensity

Low Intensity

<p><b>1 Triage Appointment</b></p>	<p>Optional: Schedule a Triage Session to help you identify the level of care that meets your individual needs.</p>		
<p><b>2 Campus Support</b></p>	<p>Advising Argos with Autism Campus Culture and Access including Student Ombuds and Title IX Campus Ministries Career Development and Community Engagement Center for Academic Success including Tutoring and Learning Resources</p>	<p>Dean of Students Office including Argo Pantry Financial Aid Housing and Residence Life (RAs) International Affairs Military and Veteran Resource Center Office of Academic Advocacy and Graduation Success</p>	<p>Recreation and Wellness Student Accessibility Resources Student Engagement Student Health Services Emerald Coast Campus Resources TRIO</p>
<p><b>3 Self-Help Practice</b></p>	<p>Apps, websites and books CAPS self-help page LinkedIn courses</p>	<p>Meditations on CAPS Facebook Mental Health Screenings Self-help practices and Psychoeducation</p>	<p>TAO</p>
<p><b>4 Peer Support</b></p>	<p>Active Minds Livewell Depression Groups (FREE) NAMI</p>	<p>Peer Wellness programs Student Organization Togetherall</p>	<p>UWF peer support groups 12 Step Program</p>
<p><b>5 Face-to-Face Psychoed</b></p>	<p>Academic Success Workshops CAPS Workshops</p>		
<p><b>6 Clinical Services</b></p>	<p>Crisis Management Psychiatry Group/Individual Therapy Biofeedback Problem-solving / Brief solution-focused session</p>		
<p><b>7 Off-Campus</b></p>	<p>Gulf Coast Sexual Assault Program Lakeview Community Health Northwest Florida Counseling, Medical and Dental Personal insurance website</p>	<p>Private practices on referrals list Psychologytoday.com Vocational Rehabilitation</p>	

Level of Student Autonomy / Self-Advocacy

Low