



Single-Session Consultations

Feeling stressed, overwhelmed, burned out?

Established in response to the pressure, stress and demand placed on our medical and emergency service fields amid COVID-19, UCF RESTORES® - the National Center of Excellence for First Responder Behavioral Health - pivoted to offer no-cost, single-session consultations for individuals seeking a space to discuss their stressors and develop a plan for how to handle the extreme challenges they face everyday.

These consultations are open to first responders, medical professionals, educators, and essential workers in Florida and are hosted by a mental health clinician. Same-day and evening appointments are available, Monday through Friday, 9 a.m. - 5 p.m.

How it works:



Call UCF RESTORES at (407) 823-1657 to speak with a clinician and discuss the program and procedures. The clinician will then set the appointment and you will receive a Zoom link via email. Note: If a clinician is not immediately available to take your call, please leave a message and it will be returned within 24 hours.



Participate in the Zoom meeting. During this 60-minute session, you and the clinician will dive deeper into your concerns and create a personalized stress management plan. You will then be asked to schedule your follow-up call and provide feedback through a five-minute questionnaire.



Two weeks following your session, the clinician will follow up to check in, see how your personalized plan is working for you and discuss whether additional support is needed. You will then be asked to provide feedback with a brief questionnaire.



UCF RESTORES' clinicians will remain available to provide additional services and resources on an as-needed basis.