



As we continue to practice varying levels of quarantine, self-isolation, and social distancing, it may be harder to feel connected to and supported by your loved ones. But, as Maslow taught us, love and belonging are important human needs. We cannot ignore them. So this weekend, please make sure to take some time for socializing and connection. If you're looking for creative ways to do this virtually, check out the **resources to help you increase connection** on the UFCOM Wellness COVID-19 Resource page here:

<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#psychosocial>

There you will find:

- [Ways to Socialize While Maintaining Social Distancing Precautions](#)

And, for those who are missing the connection of their religious/spiritual communities, especially as many faith traditions celebrate important religious holidays this time of year, here are some options for:

- [Religious Services Offered Online](#)

In terms of accessing professional and peer support, we are now offering **3 drop-in virtual support groups for UF Health employees** (UF or Shands) that are facilitated by UF mental health professionals. You may join at any time and stay for as long as you like. Groups will be offered via PHI Zoom:

- Tuesday at 5pm-6pm
- Wednesday at 8pm-9pm
- Thursday at 4pm-5pm

You can learn more about the groups (and access the Zoom links) here: <https://psychiatry.ufl.edu/zoom-drop-in-groups/> (webpage will be updated as more groups are added)

In addition, researchers may benefit from peer support offered daily in the **CTSI Clinical Research Professional Connections "Zoom Room" Peer Support group** (M-F 10am-11am), which is an "open house" for researchers

to give/receive encouragement and support:

<https://uflphi.zoom.us/my/clinicalresearchprofessionalconnections>

- Meeting ID: 478 622 6652
- Password: 047161

If you think you might benefit from **connecting to mental health services**, such as:

- Psychiatric medication consultation and management
- Free individual short-term counseling
- Individual psychotherapy
- Resilience-based group therapy
- Talkspace FREE online therapy and support
- FREE drop-in support groups

Please call the **UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email c19peersupport@shands.ufl.edu** [provide your name, contact number, and best time(s) to receive a call back]. A licensed mental health professional will perform a quick screening and help you identify the service(s) that would be most useful and convenient for you.

Finally, if you're interested in **learning ways to make your (virtual) gatherings more meaningful**—to increase the experience of connection—check out this transformative TED Talk:

https://www.ted.com/talks/priya_parker_3_steps_to_turn_everyday_get_togethers_into_transformative_gatherings#t-93126

Happy Friday and stay well!

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