



With salons closed for a month now, many people are starting to feel a little shaggy and unkempt... While it's less of an issue for those who are self-isolating or quarantined, our essential workers and Zoom conference participants may be looking for options! 😊 Of course, cosmetologists are licensed by the state for a reason, so please do yourself a favor and refrain from taking any drastic measures on your own. And before you attempt to play hairdresser for yourself or a loved one, consider some basic education. Below are quick tutorials for common grooming needs (and there are *many* more how-to videos available on YouTube if needed):

How to cut a man's hair: https://www.popsugar.com/beauty/hairstylist-tips-men-haircut-47380344?utm_medium=facebook&utm_source=post&utm_campaign=frontdoor

How to do a fade haircut: <https://www.popsugar.com/beauty/barber-tips-men-fade-haircut-47387744>

How to trim your hair at home: <https://www.popsugar.com/beauty/hairstylist-tips-trimming-hair-at-home-47339878>

How to color your hair at home: <https://www.popsugar.com/beauty/hairstylist-tips-coloring-your-hair-at-home-47377179>

How to touch up your roots: <https://www.bing.com/videos/search?q=how+to+touch+up+your+roots+at+home&&view=detail&mid=D9D35DCD30FEF39F1D28D9D35DCD30FEF39F1D28&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Btouch%2Bup%2Byour%2Broots%2Bat%2Bhome%26FORM%3DHDRSC3>

How to color the back of your hair by yourself: <https://www.bing.com/videos/search?q=how+to+touch+up+your+roots+at+home&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Btouch%2Bup%2Byour%2Broots%2Bat%2Bhome%26FORM%3DHDRSC3&view=detail&mid=1D7158D0B8556A2D0F501D7158D0B8556A2D0F50&&FORM=VDRVRV>

How to properly remove gel and acrylic nails at home: <https://people.com/style/how-to-remove-gel-acrylic-manicure-at-home/>

Whether you are having a bad hair day or not-- as a reminder, we are offering **free drop-in virtual support groups for UF Health employees** (UF or Shands) that are facilitated by UF mental health professionals. Topics include both resilience skills and strategies for effective parenting. *You may join at any time and stay for as long as you like.* Groups will be offered via PHI Zoom:

- Tuesdays at 5pm-6pm (**Resilience skills**)
- Wednesdays at 6pm-7pm (**“Effective Discipline” Parenting Group**)
- Wednesdays at 8pm-9pm (**Resilience skills**)
- Thursdays at 4pm-5pm (**Resilience skills**)
- Thursdays at 6pm-7pm (**“Positive Parenting”**)

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 are interested in receiving **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.

Stay well!

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