**Name:**

**STUDENT CARE SERVICES ACTION PLAN**

Thank you for working with our Care Manager, here are some resources you talked about today.

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| SERVICES | CONTACT | ADDITIONAL INFO |
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| YOUR CARE MANAGER IS   * Angela Newland   407.823.5607 ext. 1225  Fax: 407.823.5305  [caremanager@ucf.edu](mailto:caremanager@ucf.edu)  scs.sdes.ucf.edu | YOUR NEXT APPOINTMENT IS | THIS OFFICE IS LOCATED IN   * Ferrell Commons 142   Closest Parking Garage is B |

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| Student Care Services provides comprehensive care management for UCF Students. However, we do not provide crisis intervention service.  If you are in crisis or need immediate assistance, please call 911 or call Counseling and Psychological Services: Counseling and Psychological Services Crisis Line (407-823-2811).  If you (or a friend) are experiencing distress and need someone to talk with in the middle of the night or on the weekend, they can call Counseling and Psychological Services' main number (407-823-2811) and press #5, and they will be immediately connected to a licensed therapist. |

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| MY DAILY GOALS | STEPS TO TAKE TO REACH MY GOALS |
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| MY WEEKLY GOALS | STEPS TO TAKE TO REACH MY GOALS |
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