

CMHC GENERAL INFORMATION

The Counseling and Mental Health Center (CMHC) is committed to serving UT's diverse campus community by providing counseling, psychiatric, consultation, and prevention services that facilitate students' academic and life goals and enhance their personal growth and well-being. Your contact with CMHC is confidential and is completely separate from your academic records. CMHC protects your records within the limits of both federal and state laws. Click on "Confidentiality" at cmhc.utexas.edu for more information. Below is a list of our services.

CMHC CRISIS LINE

512-471-2255 • Available 24 hours a day, every day

The CMHC Crisis Line is a confidential service of CMHC that offers an opportunity for UT Austin students to talk with counselors about their crisis concerns. Counselors are available 24 hours a day, 7 days a week. Click on "24/7 Crisis Line" at cmhc.utexas.edu for more information.

COUNSELING

CMHC offers short-term individual counseling services. A BART (Brief Assessment and Referral Team) counselor will help you determine which services are available and most appropriate for your unique needs. Students may be scheduled with a counselor at CMHC for short-term individual counseling or they may be referred to an off-campus counselor. Call 512-471-3515 or walk in between the hours of 8:00 a.m. and 5:00 p.m. (Monday-Friday) to talk with a BART counselor. Click on "Short-term Individual Counseling" at cmhc.utexas.edu for more information.

GROUPS, WORKSHOPS, & CLASSES

CMHC offers one of the nation's largest group counseling programs on a university campus. Groups are offered on a wide variety of topics that reflect the needs of students. Click on "Groups and Classes" at cmhc.utexas.edu for more information.

VOICES AGAINST VIOLENCE (VAV)

Relationship Violence • Sexual Violence • Stalking

VAV counseling services include individual and group counseling for survivors of relationship violence, sexual violence and stalking, advocacy services for survivors including assistance navigating various legal, medical, and academic services. Click on "Voices Against Violence," UT's Interpersonal Violence Program at cmhc.utexas.edu for more information.

PSYCHIATRIC SERVICES

Appointments with a CMHC psychiatrist are available upon referral from your counselor, therapist, physician, or other medical provider. You may call 512-471-3515, option 3 to start that process. To transfer the prescribing of your psychiatric medications to a UT physician, call 512-471-3515, option 3 to make that request. Search for "Medication and Psychiatric Services" at cmhc.utexas.edu for more information.

CARE (COUNSELORS IN ACADEMIC RESIDENCE)

CARE Counselors are licensed mental health professionals who work within academic colleges across campus. Students can be referred to CARE counselors by their academic advisors, faculty, or dean's staff. CARE counselors also play a consultative role with academic staff, providing information and education related to mental health issues. Search for "Counselors in Academic Residence Program (CARE)" at cmhc.utexas.edu for more information.

INTEGRATED HEALTH

The Integrated Health Program, a collaboration with University Health Services, assists students in optimizing all aspects of their health and wellness. The Integrated Health Program emphasizes a broad definition of health and uses intervention grounded in mind-body medicine, an approach that recognizes and respects the interactions among the mind, body, and behavior. Search for "Integrated Health Program" at cmhc.utexas.edu for more information.

MINDFUL EATING

The Mindful Eating Program, a collaboration with University Health Services, includes the Eating Disorder Assessment and Support Team (EDAST), education and prevention, group counseling, and collaborative partnerships with campus groups. This program also connects students to off-campus resources for treatment for students with disordered eating or body image concerns. To schedule an appointment, call 512-471-3515. Search for "Mindful Eating Program" at cmhc.utexas.edu for more information.

ALCOHOL & OTHER DRUGS (AOD)

The AOD Counseling Program consists of individual and group counseling services and accepts referrals for assessment, support services, and harm reduction for students with concerns associated with their own or someone else's alcohol and other substance use. When appropriate, this program also assists students in accessing treatment resources off-campus. To schedule an appointment please call 512-471-3515. Search for "Alcohol and Other Drugs Program" at cmhc.utexas.edu for more information.

MINDBODY LABS

The MindBody Labs are self-paced environments designed to help UT students explore various resources for improving their emotional and physical health. The labs currently feature audio and video instruction on a variety of topics. Most of this material is experiential, enabling students to follow along and practice the skills as they are being discussed. Three locations: Student Services Building, the Student Activities Center, and the School of Nursing. Search for "MindBody Labs" at cmhc.utexas.edu for more information and current hours.

DIVERSITY COUNSELING AND OUTREACH SPECIALISTS (DCOS)

At CMHC we value the diversity that all of our students bring to campus. Our team of DCOS includes licensed mental health professionals who have specialized interests, training, and knowledge in culturally informed mental health services for various populations. Although our DCOS have a unique role in specializing services to reach underserved and marginalized populations on campus, all CMHC clinicians and staff are available to support any student from any background. Search for "Diversity Counseling and Outreach Specialists Program" at cmhc.utexas.edu for more information.

LONGHORN WELLNESS CENTER (LWC)

The Longhorn Wellness Center, part of the Counseling and Mental Health Center and University Health Services, takes a public health approach to addressing systemic health issues for UT Austin students. This office supports student life and academic success by promoting evidenced-based healthy behaviors such as high-risk drinking prevention, bystander intervention, sleep promotion, healthy sexuality, interpersonal violence prevention, active living, suicide prevention, and mental health promotion. The office works closely with faculty, staff, and students to make shifts in the campus culture to better promote health and well-being. The office reaches tens of thousands of students each year through events, peer education efforts, and collaboration with campus partners. To get involved in the LWC, search for "Get Involved" at cmhc.utexas.edu for more information.

Voices Against Violence (VAV)

Relationship Violence • Sexual Violence • Stalking

The Voices Against Violence Program (VAV) has become a nationally recognized leader in the prevention of interpersonal violence response for survivors. VAV counseling services include individual and group counseling for survivors of relationship violence, sexual violence and stalking, as well as advocacy services for survivors including assistance navigating various legal, medical and academic services. Prevention services include Theatre for Dialogue education program; outreach and training for university faculty, staff and students; hosting Relationship Violence Prevention Month and Sexual Violence Prevention Month, and a VAV student organization. Click on "Voices Against Violence," UT's Interpersonal Violence Prevention Program at cmhc.utexas.edu for more information.

Be That One Mental Health Promotion & Suicide Prevention Program

Be That One focuses on creating lasting positive change in students' well-being and the prevention of suicide. The program does so by empowering students, faculty, and staff to take an active role in suicide prevention and mental health promotion; providing engaging workshops to campus groups about suicide prevention and mental health distress and stress; and striving to ensure that UT's systems, policies, culture, and environment are conducive to improving students' well-being. Be That One also trains students to become peer mental health educators while receiving academic course credit. Click on "Be That One," UT's Suicide Prevention Program at cmhc.utexas.edu for more information.

