

# Resources for Students

## MENTAL WELLNESS RESOURCES

### Counseling and Mental Health Center

Individual and group counseling, wellness workshops, psychiatric services and crisis counseling

[cmhc.utexas.edu](http://cmhc.utexas.edu)

### 24/7 Crisis Line

512-471-CALL (2255)

[cmhc.utexas.edu/24hourcounseling.html](http://cmhc.utexas.edu/24hourcounseling.html)

### CARE Counseling

Counseling services in each college and school

\_\_\_\_\_, \_\_\_\_\_ CARE Counselor, 512-\_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_ CARE Counselor, 512-\_\_\_\_\_

[cmhc.utexas.edu/CARE.html](http://cmhc.utexas.edu/CARE.html)

### TimelyCare

Virtual mental health and well-being platform for all currently enrolled UT Austin students

[cmhc.utexas.edu/timelycare.html](http://cmhc.utexas.edu/timelycare.html)

### Anxiety and Stress Clinic

Individual and group therapy for anxiety and stress-related disorders

[anxiety-stress-clinic.la.utexas.edu](http://anxiety-stress-clinic.la.utexas.edu)

### Center for Students in Recovery

Resources for students in recovery and in hope of recovery for drug and alcohol use disorders

[recovery.utexas.edu](http://recovery.utexas.edu)

### Employee Assistance Program (EAP)

Counseling services available to academic employees, including TAs, AIs and GRAs

[eap.utexas.edu](http://eap.utexas.edu)

### Mental Health Promotion and Suicide Prevention Program

Comprehensive initiative designed to foster a culture of support and minimize harm around mental health and well-being

[cmhc.utexas.edu/mental-health-promotion-suicide-prevention-program.html](http://cmhc.utexas.edu/mental-health-promotion-suicide-prevention-program.html)

### Title IX Support and Resources

Provides help with accommodations, support and resources for Title IX-related matters (including pregnancy, nursing and parenting)

[titleix.utexas.edu/support-resources](http://titleix.utexas.edu/support-resources)

### Voices Against Violence

Interpersonal violence resources

[cmhc.utexas.edu/vav](http://cmhc.utexas.edu/vav)

## ADDITIONAL WELLNESS RESOURCES

### Center for Access and Restorative Engagement

Provides leadership in fostering a fair and rewarding campus experience for all members of the UT community

[community.utexas.edu/care](http://community.utexas.edu/care)

### Center for Leadership and Learning

Learning community that empowers students to become global citizens and leaders.

[community.utexas.edu/cll](http://community.utexas.edu/cll)

### Counseling and Mental Health Center Self-Care Activities

Resources for engaging in self-care at UT Austin

[cmhc.utexas.edu/selfcare.html](http://cmhc.utexas.edu/selfcare.html)

### Division of Campus and Community Engagement

Supports the integration of access and belonging, connects with the community and offers academic support

[community.utexas.edu](http://community.utexas.edu)

### Longhorn Wellness Center

Programming to help prevent health conditions or health-related behaviors from being a barrier to academic or personal success

[healthyhorns.utexas.edu/healthpromotion.html](http://healthyhorns.utexas.edu/healthpromotion.html)

### Mind Body Lab

Self-paced learning about improving emotional and physical health

[cmhc.utexas.edu/mindbodylab.html](http://cmhc.utexas.edu/mindbodylab.html)

### SHIFT

Works to shift UT's culture around substance use

[shift.utexas.edu](http://shift.utexas.edu)

### Thrive at UT

Free app designed to enhance student well-being

[healthyhorns.utexas.edu/thrive](http://healthyhorns.utexas.edu/thrive)

### Wellness Network

Campus-wide coalition committed to assessing health and wellness at UT Austin

[wellnessnetwork.utexas.edu](http://wellnessnetwork.utexas.edu)

### Women's Community Center

Provides resources, education and connection for students of all genders

<https://community.utexas.edu/wcc>

## BASIC NEEDS

### Recreational Sports - Fitness and Wellness

Programs for physical fitness and healthy lifestyle behaviors

[utrecsports.org/fitness-and-wellness](http://utrecsports.org/fitness-and-wellness)

### Legal Services for Students

Consultation on legal issues  
[deanofstudents.utexas.edu/lss](http://deanofstudents.utexas.edu/lss)

### Student Emergency Services

Assistance during times of emergency, including family emergencies, missing students, hospitalization, absence notifications and more  
[deanofstudents.utexas.edu/emergency](http://deanofstudents.utexas.edu/emergency)

### UT Outpost

Food pantry and career closet  
[deanofstudents.utexas.edu/emergency/utoutpost.php](http://deanofstudents.utexas.edu/emergency/utoutpost.php)

### University Health Services

Medical care  
[healthyhorns.utexas.edu](http://healthyhorns.utexas.edu)

## FINANCIAL SUPPORT

### Scholarship Program

Scholarships for \_\_\_\_\_ students

### Texas Global - Financial Services

International scholarships and emergency financial assistance  
[global.utexas.edu/iss/advising-services/financial-aid](http://global.utexas.edu/iss/advising-services/financial-aid)

### Office of Scholarships and Financial Aid

Scholarship, loans, emergency funding and financial aid  
[finaid.utexas.edu](http://finaid.utexas.edu)

### Student Emergency Fund

Limited emergency financial support  
[deanofstudents.utexas.edu/emergency/studentemergencyfund.php](http://deanofstudents.utexas.edu/emergency/studentemergencyfund.php)

### Student Veteran Services

Assistance with state and federal veteran education benefits  
[deanofstudents.utexas.edu/veterans](http://deanofstudents.utexas.edu/veterans)

## ACADEMIC & PROFESSIONAL DEVELOPMENT

### Center for Teaching and Learning

Graduate student pedagogical, academic and professional support  
[ctl.utexas.edu/programs-initiatives/graduate-student-development](http://ctl.utexas.edu/programs-initiatives/graduate-student-development)

### Disability and Access

Accommodations for disabilities and instructional continuity  
[community.utexas.edu/disability/](http://community.utexas.edu/disability/)

### Student Services (Tutoring, GE)

Tutoring, supplemental instruction and academic counseling for undergraduate students

### Career Assistance Center

\_\_\_\_\_-specific career development support

### Equal Opportunity in \_\_\_\_\_

Resources to support students from historically underrepresented populations in \_\_\_\_\_

### Tutoring Program

\_\_\_\_\_ tutoring for undergraduate students

### Graduate Student Assembly

Advocate group for graduate and professional students at UT Austin  
[graduatestudentassembly.utexas.edu/](http://graduatestudentassembly.utexas.edu/)

### Ombuds Office

Assistance with addressing difficult situations  
[ombuds.utexas.edu](http://ombuds.utexas.edu)

### Sanger Learning Center

Tutoring, learning specialists, peer academic coaching, TA support and conversational English support  
[undergradcollege.utexas.edu/slc](http://undergradcollege.utexas.edu/slc)

### Texas Career Engagement

University-wide career development support  
[careerengagement.utexas.edu](http://careerengagement.utexas.edu)

### University Writing Center

Support at any stage of the writing process  
[uwc.utexas.edu](http://uwc.utexas.edu)

### Women in \_\_\_\_\_ Program

Resources to support the success and advancement of women in \_\_\_\_\_

## REPORTING CONCERNS ABOUT A STUDENT

### 24/7 Crisis Line

512-471-CALL (2255)  
[cmhc.utexas.edu/24hourcounseling.html](http://cmhc.utexas.edu/24hourcounseling.html)

### Behavioral Concerns Advice Line (BCAL) 512-232-5050

Report concerns about students, faculty and staff  
[safety.utexas.edu/behavior-concerns-advice-line](http://safety.utexas.edu/behavior-concerns-advice-line)

### Department of Investigation and Adjudication

Investigates allegations of discrimination, harassment and other prohibited conduct  
[compliance.utexas.edu/department-investigation-and-adjudication](http://compliance.utexas.edu/department-investigation-and-adjudication)

### Departmental Advisors

Academic advising and counseling for specific undergraduate \_\_\_\_\_ majors

### Student Services

Academic advising and counseling for all undergraduate \_\_\_\_\_ students

### Title IX Office

Report instances of sexual harassment, sexual discrimination, exploitation and intimidation  
[titleix.utexas.edu](http://titleix.utexas.edu)

### UT Police Department

UT Austin's dedicated police department  
[police.utexas.edu](http://police.utexas.edu)

