### Issues Our Students Seek Help For:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety-related</td>
<td>72%</td>
</tr>
<tr>
<td>Stress</td>
<td>68%</td>
</tr>
<tr>
<td>Depression-related</td>
<td>63%</td>
</tr>
<tr>
<td>Academic</td>
<td>36%</td>
</tr>
<tr>
<td>Romantic Relationships</td>
<td>27%</td>
</tr>
<tr>
<td>Family</td>
<td>20%</td>
</tr>
<tr>
<td>Academic</td>
<td>36%</td>
</tr>
</tbody>
</table>

### Individual Counseling

**Students served:** 5,304

**Attended appointments:** 17,480

**In a survey of CMHC individual counseling clients:**

- The client would recommend CMHC to others. **100%**
- Overall, counseling has been helpful. **95%**

### Psychiatric Services

**Students served:** 613

**Attended appointments:** 2,544

**In a survey of CMHC psychiatric clients:**

- The psychiatrist treated the client respectfully (listened, understood and cared). **96%**
- The client would recommend CMHC Psychiatric Services to other students. **97%**

### Group Counseling

**Number of groups offered:** 75

**In a survey of CMHC group counseling clients:**

- Group counseling helped them make progress toward their goals. **92%**
- Group counseling helped them better manage stress and/or difficult emotions. **92%**

### CARE Program

The Counselors in Academic Residence (CARE) program provides counseling services, consultation, and education related to student mental health issues by embedding a mental health professional in the partnering colleges and schools.

### CARE Partners

- Cockrell School of Engineering
- College of Liberal Arts
- College of Natural Sciences
- McCombs School of Business
- Moody College of Communication
- School of Undergraduate Studies
- Division of Housing and Food Services

**CARE was approved for expansion into six more schools in May 2016**

### CARE Referrals

**From Faculty and Staff:** 660

**Of students indicated that having a counselor in their area helped them attend counseling sessions:** 85%

**Of UT academic advisors indicated that CARE counselors have helped them be more effective at helping students:** 98%

**CMHC clients initially considering a withdrawal who reported that CMHC services helped them remain in school:** 100%

**CMHC clients would recommend CMHC services to other students:** **100%**

**CMHC clients saying counseling has been helpful/valuable:** **95%**

### Fact Sheet 2015-2016

**Number of Students Served:**

  - 25,335
  - 25,125
  - 20415
  - 2015-16
  - 5,973

**Number of Attended Sessions:**

  - 23,522
  - 23,967
  - 23,491
  - 20415
  - 17,480

**CMHC Crisis Line Calls:**

- 1,512

**Crisis Appointments:**

- 1,183
Psychology and Social Work Interns, Psychiatry Residents, Psychology Practicum Students, Psychiatric Nurse Practitioner Students, and a Psychiatric Pharmacy Resident

### Professional Training Programs

<table>
<thead>
<tr>
<th>Part-time and full-time trainees</th>
<th>Students Served</th>
<th>Sessions Attended</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>1,397</td>
<td>3,537</td>
</tr>
</tbody>
</table>

### Integrated Health Program

<table>
<thead>
<tr>
<th>Program</th>
<th>Students Served</th>
<th>Attended Appointments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Counseling</td>
<td>811</td>
<td>2,692</td>
</tr>
<tr>
<td>MindBody Lab</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatry Residents</td>
<td></td>
<td></td>
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<tr>
<td>Psychology Practicum Students</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric Nurse Practitioner Students</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric Pharmacy Resident</td>
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<td></td>
</tr>
</tbody>
</table>

### Prevention and Outreach

- **Total Number of Student, Faculty, and Staff Contacts:** 25,830
- **Voices Against Violence**
  - Theatre for Dialogue performances: 50
  - Theatre for Dialogue and Get Sexy, Get Consent: 2,328
  - Individuals reached through direct VAV programming: 15,041
- **Mindful Eating Program**
  - Attended Appointments: 613
- **Alcohol and Other Drugs Program**
  - Attended Appointments: 491

### Diversity Coordinators

- **5 Diversity coordinators**
  - Provide specialized mental health services and open discussion groups to reach underserved and marginalized populations. The diversity coordinators also provide outreach and consultation for faculty, staff, and students.

### Suicide Prevention and Mental Health Promotion

- **Voices Against Violence (VAV)**
  - Engaged student peer educators who delivered Interrupting Rape Culture workshops: 10 peer educators, 28 workshops, 810 participants
  - **Participants who felt it was very or extremely important to receive clear consent in sexual situations after a performance of Get Sexy, Get Consent:** 94%
  - **Participants who felt moderately, very, or extremely comfortable talking about consent in sexual situations after a performance of Get Sexy, Get Consent:** 93%
- **MasculinUT**
  - Healthy masculinities project that encourages healthy dialogue and discussion about what it means to be a man and to question assumptions like “men will be men” as it relates to violent behaviors.
  - **Participants who felt it was very or extremely important to receive clear consent in sexual situations:** 94%
  - **Participants who felt moderately, very, or extremely comfortable talking about consent in sexual situations:** 93%
  - **Participants felt prepared to help a suicidal friend:**
    - Before: 57%
    - After: 97%
  - **CMHC Peer Educators**
    - CMHC peer educators promote mental health on campus.
    - Take 3 semesters of course work to learn about public health and positive psychology.
    - **28 peer educators**
    - **1,960 hours of volunteer service**

### CMHC Peer Educators

- **Thrive at UT**
  - CMHC launched a new iPhone app designed to enhance student well-being.
  - Over 1,000 students downloaded the app in just the first month.
  - 100% of users would recommend the app to a friend.