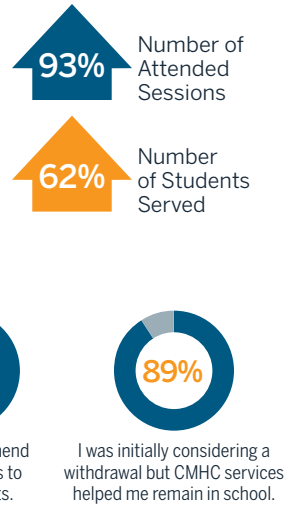
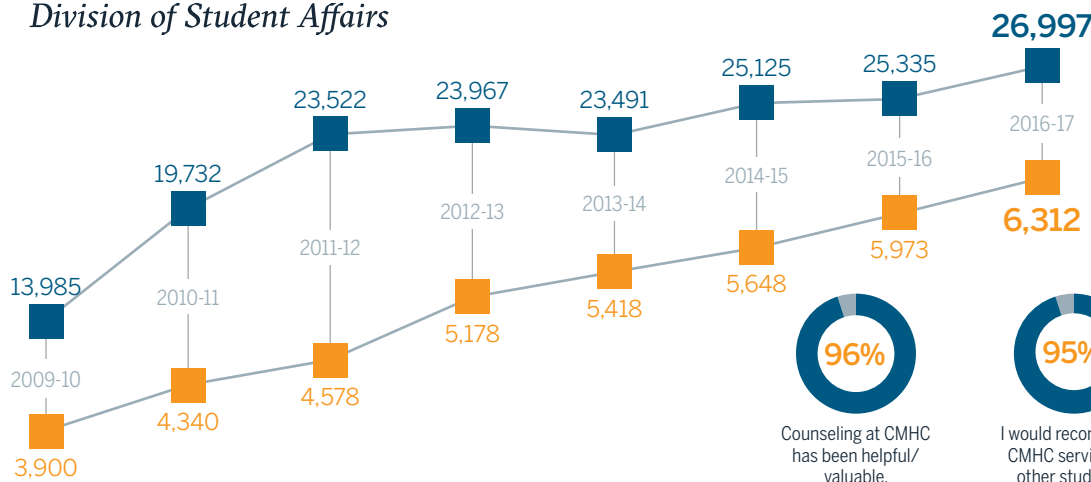


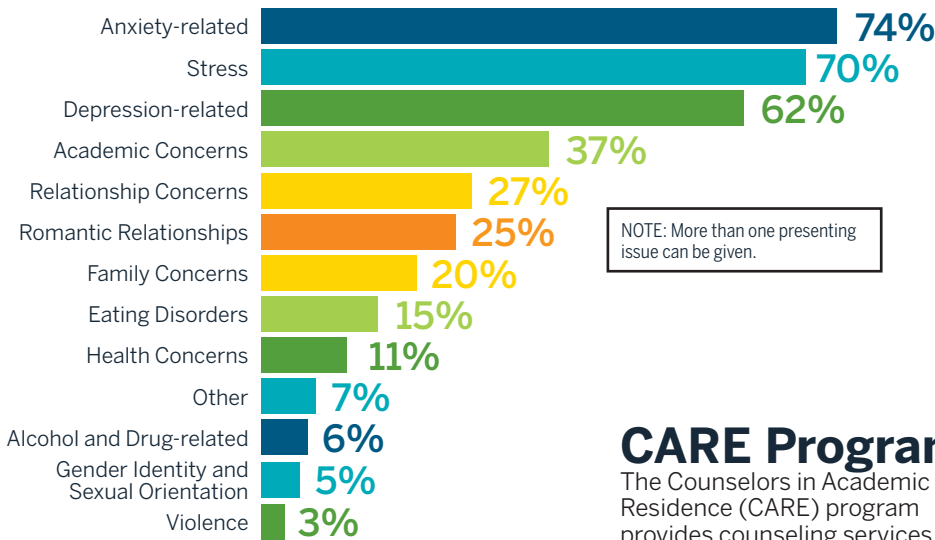


The University of Texas at Austin  
**Counseling and Mental Health Center**  
 Division of Student Affairs

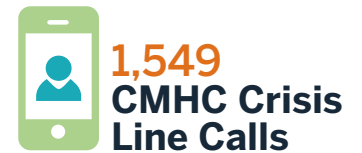
**Fact Sheet 2016-2017**



**Issues Our Students Seek Help For:**



NOTE: More than one presenting issue can be given.



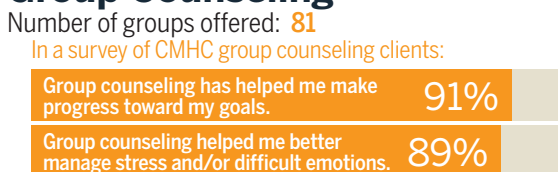
**Individual Counseling**



**Psychiatric Services**



**Group Counseling**



**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 departments' partnering colleges and schools.



**13 CARE Partners**

- Cockrell School of Engineering
- College of Education
- College of Fine Arts
- College of Liberal Arts
- College of Natural Sciences
- Dell Medical School
- Division of Housing and Food Services
- McCombs School of Business
- Moody College of Communication
- School of Architecture
- School of Nursing
- School of Undergraduate Studies
- Steve Hicks School of Social Work

"Having a counselor located in my college was important in helping me attend counseling sessions."



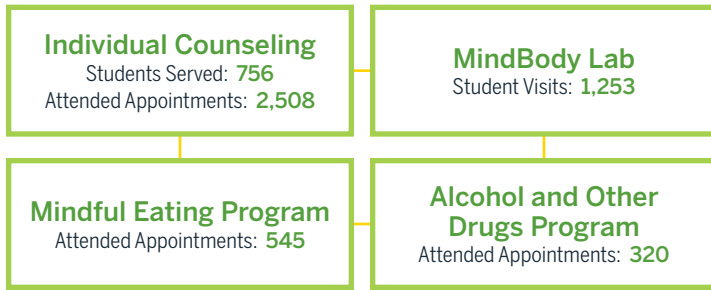
**763**  
Students Served

**4,780**  
Students Attended Workshops

**1,208**  
Faculty and Staff Attended Workshops

**915**  
CARE Referrals from Faculty and Staff

## Integrated Health Program



## Diversity Coordinators



**3,204**  
 Total number of students, faculty, and staff reached in workshops and outreach events

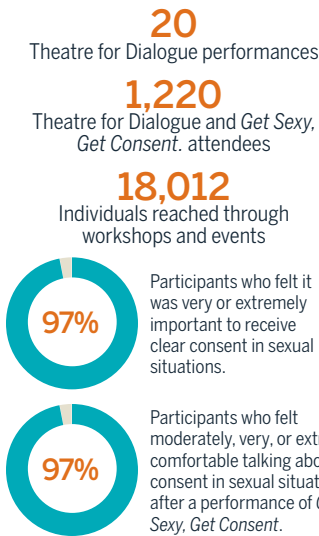
Diversity Coordinators provide specialized mental health services and open discussion groups to reach undeserved and marginalized populations. The Diversity Coordinators also provide outreach and consultation for students, faculty, and staff. Additional funding was secured bringing the total Diversity Coordinators to 7 starting in 17/18.

## Prevention and Outreach



**23,176**  
 Total Number of Student, Faculty, and Staff Contacts

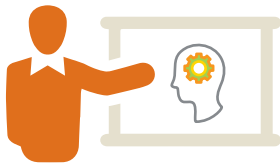
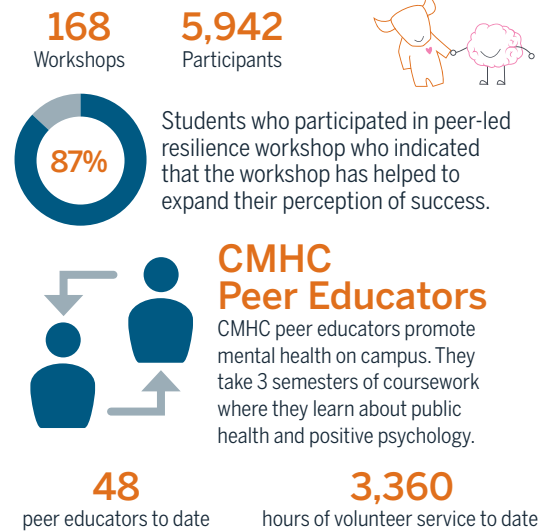
### VAV Voices Against Violence



**Get Sexy, Get Consent.** won NASPA's Grand Silver award for excellence. The award recognizes the outstanding contributions of members who are transforming higher education.

**Voices Against Violence** partnered with Student Emergency Services and Title IX to develop a new program that will train students to offer confidential, peer-based support to students who have been impacted by interpersonal violence.

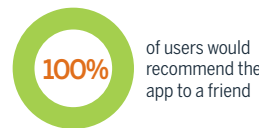
### Be That One. Suicide Prevention and Mental Health Promotion



CMHC was awarded a 3-year grant from the Hogg Foundation to create a program called **Well-being in Learning Environments.** The project will work with faculty to embed conditions for well-being into the classroom.



CMHC's **Thrive at UT** iPhone app has been downloaded by 3,500 students. The app was designed to enhance student well-being.



CMHC worked together with Student Government and University Unions to open a new **MindBody Lab** in the Student Activity Center.

## Professional Training Programs

Psychology and Social Work Interns, Psychiatry Residents/Trainees, Psychology Practicum Students, Psychiatric Nurse Practitioner Students, and a Psychiatric Pharmacy Resident

**19** Part-time and full-time trainees received training and provided services to UT students, including psychiatric medication management, individual and group counseling, crisis intervention services, and prevention and outreach activities.

**1,584** Students Served

**4,871** Sessions Attended