Number of Attended Sessions over the last 8 years: 101%
Number of Students Served over the last 8 years: 77%

I was initially considering a withdrawal but CMHC services helped me remain in school.
Source: CMHC Annual Client Satisfaction Survey results

Issues Our Students Seek Help For:

- Anxiety-related: 76%
- Stress: 71%
- Depression-related: 64%
- Academic Concerns: 36%
- Relationship Concerns: 28%
- Romantic Relationships: 26%
- Family Concerns: 20%
- Eating Disorders: 15%
- Health Concerns: 10%
- Other: 7%
- Alcohol and Drug-related: 6%
- Gender Identity and Sexual Orientation: 5%
- Violence: 2%

CARE Program
The Counselors in Academic Residence (CARE) program embeds mental health professionals in partnering academic schools and units to provide counseling services, consultation, and education related to student mental health.

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
- McCombs School of Business
- Moody College of Communication
- School of Architecture
- School of Nursing
- School of Social Work
- School of Undergraduate Studies
- University Housing and Dining

Source: CMHC Annual Client Satisfaction Survey results
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>803</td>
<td>2,938</td>
</tr>
<tr>
<td>MindBody Lab</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mindful Eating Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol and Other Drugs Program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Prevention and Outreach

- **22,704** Total Number of Student, Faculty, and Staff Contacts

- **Voices Against Violence**
  - 20 Theatre for Dialogue performances
  - 12,621 Individuals reached through workshops and events

- **MindBody Lab**
  - Student Visits: 1,382

- **Mindful Eating Program**
  - Attended Appointments: 632

- **Alcohol and Other Drugs Program**
  - Attended Appointments: 445

Diversity Counseling and Outreach Specialists

- **7,058** Total number of students, faculty, and staff reached in workshops and outreach events

- Diversity Counseling and Outreach Specialists provide specialized mental health services and open discussion groups to reach underserved and marginalized populations. The Diversity Counseling and Outreach Specialists also provide outreach and consultation for students, faculty, and staff.

Prevention and Outreach

**Total Number of Student, Faculty, and Staff Contacts: 22,704**

**Voices Against Violence**

- **20** Theatre for Dialogue performances
- **12,621** Individuals reached through workshops and events

**MindBody Lab**

- Student Visits: 1,382

**Mindful Eating Program**

- Attended Appointments: 632

**Alcohol and Other Drugs Program**

- Attended Appointments: 445

**Suicide Prevention and Mental Health Promotion**

- **234** Workshops
- **4,083** Participants

- Students who participated in peer-led resilience workshop who indicated that the workshop has helped to expand their perception of success.

- **CMHC Peer Educators**
  - CMHC peer educators promote mental health on campus. They take 3 semesters of coursework where they learn about public health and positive psychology.
  - **72** workshops provided by peer educators
  - **1,664** hours of outreach completed by peer educators

**CMHC’s Thrive at UT**

- iPhone app has been downloaded by 10,701 students. The app was designed to enhance student well-being.

- CMHC trained every incoming student about Suicide Prevention and Mental Health Resources during the summer of 2018.

**Professional Training Programs**

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

- **20** 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.
- **1,759** Students Served
- **4,824** Sessions Attended