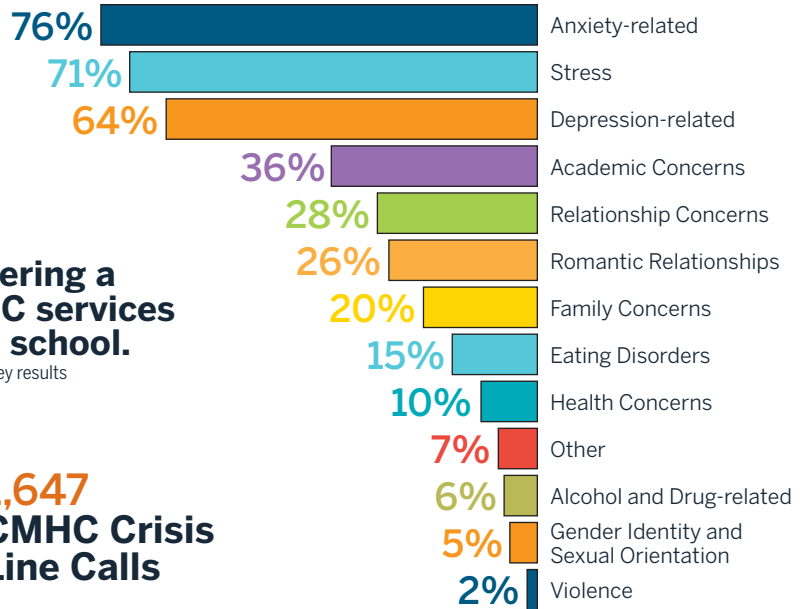


101% ↑
 Number of Attended Sessions over the last 8 years

77% ↑
 Number of Students Served over the last 8 years

Issues Our Students Seek Help For:

NOTE: More than one presenting issue can be given.



I was initially considering a withdrawal but CMHC services helped me remain in school.

Source: CMHC Annual Client Satisfaction Survey results

988
Crisis
Appointments

1,647
CMHC Crisis
Line Calls

Individual Counseling

Students served: **6,102**
 Attended appointments: **18,744**

In a survey of CMHC individual counseling clients:

I would recommend CMHC services to other students. **99%**

Overall, counseling has been helpful. **96%**

Psychiatric Services

Students served: **656**
 Attended appointments: **2,927**

In a survey of CMHC psychiatric clients:

My psychiatrist treated me respectfully (listened, understood & cared). **95%**

I would recommend CMHC Psychiatric Services to other students. **97%**

Group Counseling

Number of groups offered: **96**

In a survey of CMHC group counseling clients:

Group counseling has helped me make progress toward my goals. **92%**

Group counseling helped me better manage stress and/or difficult emotions. **86%**

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

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



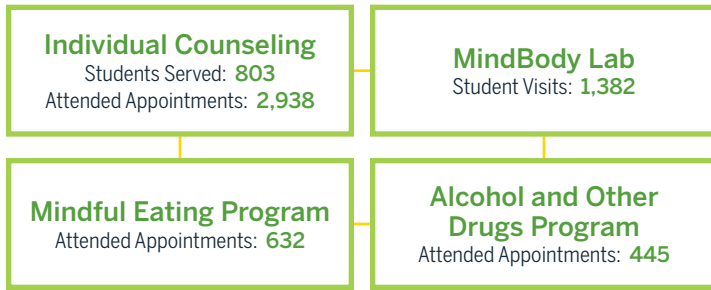
832
 Students Served

5,268
 Students Attended Workshops

258
 Faculty and Staff Attended Workshops

1,023
 CARE Referrals from Faculty and Staff

Integrated Health Program



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



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

Voices Against Violence

20
Theatre for Dialogue performances

100%
Participants who felt it was very or extremely important to receive clear consent in sexual situations.

12,621
Individuals reached through workshops and events

98%
Participants who felt moderately, very, or extremely comfortable talking about consent in sexual situations after a performance of *Get Sexy, Get Consent*.

Suicide Prevention and Mental Health Promotion

234
Workshops

4,083
Participants

78%
Students who participated in peer-led resilience workshop who indicated that the workshop has helped to expand their perception of success.

72
workshops provided by peer educators

1,664
hours of outreach completed by peer educators

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.

Well-being in Learning Environments

20
number of faculty members participating in the project

1,600
number of students impacted by the project

In its first year, the **Well-being in Learning Environments Project** worked with three campus departments to embed conditions for well-being in the classroom. Faculty across campus have been making small shifts in their classrooms to include things such as social connectedness, mindfulness and resilience.

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