### Issues Our Students Seek Help For:

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety-related</td>
<td>74%</td>
</tr>
<tr>
<td>Stress</td>
<td>70%</td>
</tr>
<tr>
<td>Depression-related</td>
<td>62%</td>
</tr>
<tr>
<td>Academic Concerns</td>
<td>37%</td>
</tr>
<tr>
<td>Relationship Concerns</td>
<td>27%</td>
</tr>
<tr>
<td>Romantic Relationships</td>
<td>25%</td>
</tr>
<tr>
<td>Family Concerns</td>
<td>20%</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>15%</td>
</tr>
<tr>
<td>Health Concerns</td>
<td>11%</td>
</tr>
<tr>
<td>Other</td>
<td>7%</td>
</tr>
<tr>
<td>Alcohol and Drug-related</td>
<td>6%</td>
</tr>
<tr>
<td>Gender Identity and Sexual Orientation</td>
<td>5%</td>
</tr>
<tr>
<td>Violence</td>
<td>3%</td>
</tr>
</tbody>
</table>

### Individual Counseling

- **Students served:** 5,541
- **Attended appointments:** 18,011

In a survey of CMHC individual counseling clients:
- **I would recommend CMHC services to other students:** 95%
- **Overall, counseling has been helpful:** 96%

### Psychiatric Services

- **Students served:** 668
- **Attended appointments:** 2,889

In a survey of CMHC psychiatric clients:
- **My psychiatrist treated me respectfully (listened, understood & cared):** 96%
- **I would recommend CMHC Psychiatric Services to other students:** 94%

### Group Counseling

- **Number of groups offered:** 81

In a survey of CMHC group counseling clients:
- **Group counseling has helped me make progress toward my goals:** 91%
- **Group counseling helped me better manage stress and/or difficult emotions:** 89%

### 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

**1,208** Students Served

**4,780** Students Attended Workshops

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

**915** CARE Referrals from Faculty and Staff
Psychology and Social Work Interns, Psychiatry Residents/Trainees, Psychology Practicum Students, Psychiatric Nurse Practitioner Students, and a Psychiatric Pharmacy Resident

Professional Training Programs

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.

Integrated Health Program

- **Individual Counseling**
  - Students Served: 756
  - Attended Appointments: 2,508

- **MindBody Lab**
  - Student Visits: 1,253

- **Mindful Eating Program**
  - Attended Appointments: 545

- **Alcohol and Other Drugs Program**
  - Attended Appointments: 320

Prevention and Outreach

- **Voices Against Violence**
  - 23,176 Total Number of Student, Faculty, and Staff Contacts

- **Suicide Prevention and Mental Health Promotion**
  - 168 Workshops
  - 5,942 Participants
  - 97% of users would recommend the app to a friend

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

- **CMHC’s Voices Against Violence**
  - 20 Theatre for Dialogue performances
  - 1,220 Theatre for Dialogue and Get Sexy, Get Consent attendees
  - 18,012 Individuals reached through workshops and events
  - 97% Participants who felt it was very or extremely important to receive clear consent in sexual situations.
  - 97% Participants who felt moderately, very, or extremely comfortable talking about consent in sexual situations after a performance of Get Sexy, Get Consent.

- **CMHC’s 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.

- **CMHC’s Thane at UT**
  - 5,942 Participants
  - 3,360 hours of volunteer service to date

- **CMHC’s MindBody Lab**
  - Partnered with Student Government and University Unions to open a new MindBody Lab in the Student Activity Center.

Diversity Coordinators

- 5 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.

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

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