

What to Expect When You Come to CMHC

Actor 1: College can be a really exciting time in a person's life. But it can also be stressful. Sometimes our typical ways of dealing with issues aren't enough and we might need the help of a counselor.

Counselor: "Hi it's good to meet you. I spent some time and read some of the things you wrote about why you wanted to come in. So let's spend some time talking about what brings you in."

Actor 2: "I'm not sure where to begin."

Actor 3: "School is just very overwhelming right now."

Actor 4: "All I want to do is sleep."

Actor 5: "I'm having trouble making friends."

Actor 6: "I'm not sure. I just don't feel like myself."

Actor 1: "These are all important concerns we can talk about at UT's Counseling and Mental Health Center. CMHC counselors see thousands of students each year for a variety of reasons ranging from anxiety, depression, substance abuse, relationship issues, academic pressures, and many more.

To talk to a Counselor about your options you can call our office or walk in to the counseling center during business hours. You will have a short conversation with a counselor who will help you determine which resources and services may be the most helpful to you. All the information you share is completely confidential and is separate from your academic records.

There will be various suggestions about how to get the help you need. These suggestions may include seeing a counselor, a psychiatrist, or a doctor on campus or in the community. This may include referring you to a counselor, psychiatrist, or doctor on campus or in the community. Your counselor may refer you to one of our free services like the Mind Body Lab or group counseling.

If you are in crisis you can call the 24/7 CMHC Crisis Line or you can walk over to the CMHC and see a counselor right away."

Counselor: "I'm glad you came in today. I think we reached some clarity around some of your issues of concern. So now let's talk about some options."

Actor 2: "I'm learning skills to become more confident in who I am."

Actor 3: "I'm using relaxation techniques now to help my anxiety and the Mind Body Lab helps me relax."

Actor 4: "I joined a mindfulness class to learn coping skills for depression."

Actor 5: "I've found groups at CMHC to meet people."

Actor 6: "I've found ways to help me feel like myself again."

Counseling and Mental Health Center

5th Floor Student Services Building (SSB)

Monday- Friday 8am-5 pm

For 24/7 Support

CMHC Crisis Line

512-471-CALL (2255)

For more information visit: cmhc.utexas.edu