

Counseling and Mental Health Center Counseling Advocacy and Reporting



On-Campus Counseling

CMHC VAV Individual Therapy

Individual counseling sessions are a confidential, safe place to talk about how your life has been impacted by interpersonal violence. Voices Against Violence counselors value you as the expert in your own life and believe in empowering you to talk about your experience in whatever way feels best to you. Sessions typically are used to explore any symptoms that a student may be experiencing emotionally, psychologically and physically.

CMHC Group Therapy

All groups are confidential and are available at no additional cost to students. Groups can provide a safe place to examine how those experiences are affecting you today and share with others who have had similar experiences. Voices Against Violence (VAV) Groups usually focus on how violence and trauma influences day-to-day life and relationships, common experiences of survivors, coping with triggers, being heard and understood by others, assertive and open communication and the on-going process of healing. Survivors can attend both group and individual sessions. New groups form each semester and are typically limited to 8-10 members. Groups meet on a weekly basis.

Voices Against Violence (VAV) Advocacy

A VAV Advocacy appointment is a confidential meeting meant to provide a student who has experienced sexual violence, dating or relationship violence and/or stalking with information about their rights and options. This informational appointment assists survivors in identifying which choices make the most sense for them. Some survivors may choose to attend multiple advocacy appointments to assess their needs and options, while others may choose to not access any additional options. Topics that may be discussed in these sessions include but are not limited to:

- Safety planning
- Medical and health concerns (such as eating and sleeping habits impacted by the incident)
- Reporting options and procedures, both to the University and to law enforcement
- Obtaining an order of protection
- Legal options, including criminal and civil law (Please note that VAV does not offer legal advice, but we can refer to free legal services for survivors.)
- Financial resources, including access to the VAV Survivors Emergency Fund
- Counseling options, both short and long-term, on or off campus

How to access confidential VAV Services for Survivors:

- Contact the Counseling and Mental Health Center (CHMC) to schedule a VAV Advocacy appointment with a VAV counselor by calling 512-471-3515.
- You can also walk-into the CMHC on the 5th floor of the Student Services Building at 100 W. Dean Keeton St., M-F 8am-5pm
- CMHC 24/7 Crisis Line: 512-471-2255

VAV Survivor's Emergency Fund

The Voices Against Violence (VAV) Survivor's Emergency Fund provides financial assistance to UT Austin student survivors of sexual violence, relationship violence, and/or stalking, towards the aim of increasing that student's safety, coping, and independence. Accessing the fund provides two important messages to survivors:

- We believe them.
- No one should have to pay for expenses related to an experience of violence that was not their fault.

Typical expenses that may be covered include:

- Any safety related needs (i.e. changing locks on a vehicle or home, replacing a cell phone, etc.)
- Costs related to medical care, including expenses related to a Sexual Assault Forensic Exam
- Assistance with legal or immigration issues
- One-time assistance with rent and/or utilities
- Transportation including to and from an out-of-town shelter or other safe space
- Temporary childcare fees
- Storage and moving fees
- Other related school expenses

All CMHC appointments, including VAV Advocacy, are confidential and not part of the academic record. Students seeking VAV Advocacy do not need to disclose the details of their experience in order to access support. For more information, please visit: cmhc.utexas.edu/vav

Reporting Options

Please note that a student survivor has the right to choose to report to law enforcement OR the university OR both. If a student discloses the details of an incident to a responsible employee, that employee must report to a Title IX Coordinator. More information: cmhc.utexas.edu/vav/reporting

University of Texas at Austin Police Department

- (if incident occurs on campus)
- utexas.edu/police
- Location: 2201 Robert Dedman Dr.
- 512-471-4441

Austin Police Department

- (if incident occurs off campus)
- ci.austin.tx.us/police
- Non-emergency: 311
- Victim Services: 512-974-5037

Deputy Title IX Coordinator for Students

- Student Emergency Services
- Office of the Dean of Students
- 4.104 Student Services Building (SSB)
- 512-471-5017

Institutional Title IX Coordinator

- titleix.utexas.edu
- University Compliance Services
- 2.206 UT Administration Building (UTA)
- 512-232-3992
- titleix@austin.utexas.edu

More information please visit: cmhc.utexas.edu/vav/reporting



Together we can build a safer campus



VOICES AGAINST VIOLENCE

UT COUNSELING AND MENTAL HEALTH CENTER