Resources for Students

MENTAL WELLNESS RESOURCES

Counseling and Mental Health Center
Individual and group counseling, wellness workshops, psychiatric services and crisis counseling
cmhc.utexas.edu

24/7 Crisis Line
512-471-CALL (2255)
cmhc.utexas.edu/24hourcounseling.html

Anxiety and Stress Clinic
Individual and group therapy for anxiety and stress-related disorders
clinics.la.utexas.edu/anxiety-and-stress-clinic

Be That One
Suicide prevention resources
cmhc.utexas.edu/bethatone

CARE Counseling
Counseling services in each college and school (Alexandra Okeke-Banks, 512-471-8396; Armando Sanchez, 512-471-3741, Cockrell School CARE Counselors)
cmhc.utexas.edu/CARE.html

Center for Students in Recovery
Resources for students in recovery and in hope of recovery for drug and alcohol use disorders
recovery.utexas.edu

Employee Assistance Program (EAP)
Counseling services available to academic employees, including TAs, AIs and GRAs
eap.utexas.edu

Services for Survivors of Sexual Assault
Advocacy for sexual assault survivors, emergency fund, advocacy
cmhc.utexas.edu/vav/vav_survivorservices.html

Voices Against Violence
Interpersonal violence resources
cmhc.utexas.edu/vav

ADDITIONAL WELLNESS RESOURCES

Gender and Sexuality Center
Resources and education responsive to the needs of women and the LGBTQIA+ community
diversity.utexas.edu/genderandsexuality

Longhorn Wellness Center
Programming to help prevent health conditions or health-related behaviors from being a barrier to academic or personal success
healthyhorns.utexas.edu/healthpromotion.html

Mind Body Lab
Self-paced learning about improving emotional and physical health
cmhc.utexas.edu/mindbodylab.html

Monarch Student Program
Services for undocumented students
diversity.utexas.edu/academiccenter/monarch-student-program

Multicultural Engagement Center
Community development and advocacy for students with a range of identities
diversity.utexas.edu/multiculturalengagement

Counseling and Mental Health Center Self-Care Activities
Resources for engaging in self-care at UT Austin
cmhc.utexas.edu/selfcare.html

SHIFT
Substance abuse prevention
shift.utexas.edu

Thrive at UT
Free app designed to enhance student well-being
healthyhorns.utexas.edu/thrive

Wellness Network
Campus-wide coalition committed to assessing health and wellness at UT Austin
wellnessnetwork.utexas.edu

BASIC NEEDS

Recreational Sports - Fitness and Wellness
Programs for physical fitness and healthy lifestyle behaviors
utrecsports.org/fitness-and-wellness
**Legal Services for Students**
Consultation on legal issues
deanofstudents.utexas.edu/lss

**Student Emergency Services**
Assistance during times of emergency, including family emergencies, missing students, hospitalization, absence notifications and more
deanofstudents.utexas.edu/emergency

**UT Outpost**
Food pantry and career closet
deanofstudents.utexas.edu/emergency/utoutpost

**University Health Services**
Medical care
healthyhorns.utexas.edu

**FINANCIAL SUPPORT**

**Engineering Scholarship Program**
Scholarships for engineering students
engr.utexas.edu/admissions/financial-support

**Texas Global - Financial Services**
International scholarships and emergency financial assistance
global.utexas.edu/issss/advising-services/financial-aid

**Office of Scholarships and Financial Aid**
Scholarship, loans, emergency funding and financial aid
finaid.utexas.edu

**Student Emergency Fund**
Limited emergency financial support
deanofstudents.utexas.edu/emergency/
studentemergencyfund.php

**Student Veteran Services**
Assistance with state and federal veteran education benefits
deanofstudents.utexas.edu/veterans

**ACADEMIC & PROFESSIONAL DEVELOPMENT**

**Center for Teaching and Learning**
Faculty and graduate student pedagogical, academic and professional support
tct.utexas.edu

**Disability and Access**
Accommodations for disabilities and instructional continuity
diversity.utexas.edu/disability

**Engineering Student Services (Tutoring, GE)**
Tutoring, supplemental instruction and academic counseling for undergraduate students
students.engr.utexas.edu/academics-advising/advising
students.engr.utexas.edu/support-services/tutoring

**Engineering Career Assistance Center**
Engineering-specific career development support
engr.utexas.edu/student-life/career-services

**Equal Opportunity in Engineering (EOE)**
Resources to support students from historically underrepresented populations in engineering
engr.utexas.edu/eoe

**EOE Tutoring Program**
Engineering tutoring for undergraduate students
engr.utexas.edu/oeo/student-programs/academic-programs/tutoring

**Graduate Student Assembly**
Advocate group for graduate and professional students at UT Austin
utgsa.net

**Ombuds Office**
Assistance with addressing difficult situations
ombuds.utexas.edu

**Sanger Learning Center**
Tutoring, learning specialists, peer academic coaching, TA support and conversational English support
ugs.utexas.edu/slc

**Texas Career Engagement**
University-wide career development support
careerengagement.utexas.edu

**University Writing Center**
Support at any stage of the writing process
uwc.utexas.edu

**Women in Engineering Program (WEP)**
Resources to support the success and advancement of women in engineering
engr.utexas.edu/wep

**REPORTING CONCERNS ABOUT A STUDENT**

24/7 Crisis Line
512-471-CALL (2255)
cmhc.utexas.edu/24hourcounseling.html

Behavioral Concerns Advice Line (BCAL) 512-232-5050
Report concerns about students, faculty and staff
safety.utexas.edu/behavior-concerns-advice-line

**Departmental Advisors**
Academic advising and counseling for specific undergraduate engineering majors
students.engr.utexas.edu/academics-advising/advising/departmental-advising-offices

**Engineering Student Services**
Academic advising and counseling for all undergraduate engineering students
students.engr.utexas.edu/academics-advising/advising

**Office for Inclusion and Equity**
Resources to advance a diverse, equitable and supportive campus and to report bias incidents
equity.utexas.edu

**Title IX Office**
Report instances of sexual harassment, sexual discrimination, exploitation and intimidation
titleix.utexas.edu

**UT Police Department**
UT Austin’s dedicated police department
police.utexas.edu