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
eaap.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

Division of Diversity and Community Engagement
Cultivates an inclusive campus culture, connects with the community and offers academic support
diversity.utexas.edu

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
Scholarship Program
Scholarships for students
texas.utexas.edu

Texas Global - Financial Services
International scholarships and emergency financial assistance
global.utexas.edu/issis/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
tctl.utexas.edu

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

Student Services (Tutoring, GE)
Tutoring, supplemental instruction and academic counseling for undergraduate students
tutoring.utexas.edu

Career Assistance Center
Specific career development support
texas.utexas.edu

Equal Opportunity in...
Resources to support students from historically underrepresented populations in
texas.utexas.edu

Tutoring Program
Tutoring for undergraduate students
texas.utexas.edu

Graduate Student Assembly
Advocate group for graduate and professional students at UT Austin
tgsa.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
wuc.utexas.edu

Women in...Program / PROGRAMS TO SUPPORT STUDENTS WITH OTHER IDENTITIES
Resources to support the success and advancement of women
women.utexas.edu

REPORTING CONCERNS ABOUT A STUDENT
24/7 Crisis Line
512-471-CALL (2255)
cmh.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 majors
utexas.edu

Student Services
Academic advising and counseling for all undergraduate students
utexas.edu

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

...utexas.edu