Resource Guide to Mental Health Services
for Graduate Students and Graduate Programs

The University of Texas at Austin

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COUNSELING AND MENTAL HEALTH SERVICES

Counseling and Mental Health Center (CMHC), Division of Student Affairs

https://cmhc.utexas.edu/

SERVICES AND PROGRAMS

Groups and Classes
For many issues that college students face, group counseling is the best treatment choice. Group counseling provides students with the unique opportunity of utilizing peer interaction to work toward their goals.

Short-Term Individual Counseling (Student Services Building 5th Floor)
Short-term individual counseling is basically a collaborative effort between you and your counselor. Our goal is to provide an open, supportive, and confidential environment for you to address the issues that are concerning you.

Business Hours for Counseling:
Monday-Friday, 8:00am-5:00pm
Appointments: Scheduling hours are Monday-Friday, 8:00am-12:00pm and 1:00pm-4:00pm

Phone: (512) 471-3515

Thrive at UT
Thrive is a free iPhone app designed to enhance UT Austin student well-being and help better manage the ups and downs of campus life. Students will find short videos of actual UT Austin students sharing their own stories as well as interactive activities designed to help them apply these concepts to their own unique experience.

24/7 CMHC Crisis Line: 512-471-CALL (2255)
CMHC Crisis Line is a confidential service of CMHC that offers an opportunity for UT-Austin students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays.

Alcohol & Other Drug Initial Consultations
Students can confidentially speak with a licensed professional counselor about their own or someone else’s use of alcohol, tobacco, and other drugs.

Mindful Eating Program
Our Mindful Eating Program is for students dealing with food, weight, or body image concerns.

MindBody Lab
The MindBody Lab is a self-paced environment located in the Counseling and Mental Health Center on the 5th floor of the Student Services Building designed to help students explore interactive tools to help cope with stress.
**Counselors in Academic Residence Program (CARE)**

CARE (Counselors in Academic Residence) is a program of the Counseling and Mental Health Center that was created in collaboration with the Office of the Provost. CARE counselors are located within the colleges they serve. You can find the CARE counselor for your specific college at this website: [https://cmhc.utexas.edu/CARE.html](https://cmhc.utexas.edu/CARE.html)

**Prevention and Outreach**

Prevention and Outreach: CMHC's Prevention and Outreach services empower students to take care of themselves and each other in order to foster a thriving academic community at UT Austin. Our programs raise awareness, reduce stigma about mental health concerns, address barriers to academic excellence in order to promote wellness.

**CHARGES**

Services that are FREE to students:

- Brief assessment with a counselor
- Group counseling
- Individual counseling appointment
- Referral assistance
- Calls to the CMHC Crisis Line
- MindBody Labs
- Prevention and outreach services

Services that cost money:

- Psychiatric appointment: $10
- No show or cancellation with less than 24 hours’ notice for an individual counseling appointment, psychiatric appointment, or group counseling session: $25

**Employee Assistance Program (Human Resources) Counseling Services**

[https://hr.utexas.edu/current/eap/counseling-services](https://hr.utexas.edu/current/eap/counseling-services)

The Employee Assistance Program (EAP) is available to all UT employees, including TAs, AIs, and GRAs.

It provides from one to six free, confidential counseling sessions per year with its experienced staff of licensed psychologists and social workers. In these sessions, the counselor assesses needs...
and makes a plan with the individual for addressing those needs, either at the EAP, through a community provider, or through other UT resources.

You can make an appointment to meet with a counselor on the main campus or the Pickle Research Campus. To make a counseling appointment, contact the EAP’s main office using the information below:

**Hours:** 8:00 a.m. - 5:00 p.m., M-F (open over the lunch hour)  
**Phone:** 512-471-3366  
**Fax:** 512-475-8558  
**Campus Mail Code:** A9200  
**Location:** UTA, Room 2.304  
**Address:** 1616 Guadalupe St. (across from Clay Pit restaurant)  
**E-mail:** eap@austin.utexas.edu

**Video Counseling Appointment:** You also have the option to schedule video counseling sessions, which are particularly helpful to employees who work away from the main campus. Video counseling appointments are held through Skype for Business, and it is easy to use the system.

**After Hours:** If it is after normal business hours and you are in crisis, you can reach the after-hours counseling service at 512-471-3399 to speak to a crisis counselor. During normal business hours please call our main office at 512-471-3366.
WELLNESS, SELF-CARE, AND GRADUATE STUDENT SUPPORT

Anxiety and Stress Clinic

https://clinics.la.utexas.edu/anxiety-and-stress-clinic/

Treatment services are designed to provide effective psychological care in a compassionate environment to members of the University of Texas at Austin (UT) campus and general public. Services are provided by faculty-supervised doctoral students in UT’s highly ranked Clinical Psychology doctoral program, and on a limited basis by licensed psychologists. They treat a range of anxiety disorders including social anxiety disorder, generalized anxiety disorder, specific phobias, panic disorder, and agoraphobia. Additionally, they focus on anxiety related issues such as obsessive-compulsive disorder, posttraumatic stress disorder, and depression.

Counseling and Mental Health Center (CMHC): Self-care Activities

https://cmhc.utexas.edu/selfcare.html

Self-care activities and practices can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. Self-care is essential in order to be successful inside and outside of the classroom, and can help you manage the ups and downs of college life. Find a list of the many ways to practice self-care on this website with links for more information.

Division of Diversity and Community Engagement

https://diversity.utexas.edu/

The Division of Diversity and Community Engagement works with a broad range of student, faculty, staff, and community constituents to help The University of Texas at Austin connect its intellectual resources to communities across Texas and offer education to those who may face the greatest challenges in accessing it. The Division focuses on four core pillars: campus culture, community engagement, education pipeline, and research.

Student Diversity Initiatives, a unit within the Division of Diversity and Community Engagement, supports a culturally diverse campus and helps cultivate a positive campus climate. SDI includes the Multicultural Engagement Center and the Gender and Sexuality Center: Serving Women and LGBTQA Communities. SDI centers work with students to create safe spaces where they can pursue academic interests, develop leadership skills, and advocate for their communities. Through social justice education and community building, SDI programs empower students to challenge inequity, marginalization and injustice.
Emergency Loans (Office of Financial Aid)

https://finaid.utexas.edu/types-of-aid/emergency-loans/

Faculty Innovation Center (FIC)

https://facultyinnovate.utexas.edu/

Graduate Student Development: The GSD Program is an initiative of the Office of the Provost, the Graduate School, and the Faculty Innovation Center (FIC). In collaboration with UT’s academic departments and graduate student support organizations, GSD provides opportunities to advance graduate students’ pedagogical, academic, and professional progress. This includes a graduate teaching certificate program (“Teaching Preparation Series”), as well as support for drafting teaching statements, teaching portfolios, and diversity/equity/inclusion statements.

Gender and Sexuality Center

http://diversity.utexas.edu/genderandsexuality/

The mission of the Gender and Sexuality Center (GSC) is to provide opportunities for all members of the UT Austin community to explore, organize, and promote learning around issues of gender and sexuality. The center also facilitates a greater responsiveness to the needs of women and the LGBTQIA+ communities through education, outreach, and advocacy.

Longhorn Wellness Center

https://healthyhorns.utexas.edu/healthpromotion.html

The Longhorn Wellness Center, which is part of University Health Services (UHS) and Counseling and Mental Health Center (CMHC) offers programs that help prevent health conditions or health-related behaviors from being a barrier to a student’s academic and personal success. Their programs and initiatives include:

- Healthy Student Orgs: Health resources for student organizations
- Alcohol Risk Reduction and Sexual Assault Prevention (AlcoholEdu & SAPU)
- Healthyhorns Peer Educators
- Love Your Body: Positive Body Image Promotion
- Sleep & Napping: Healthy Sleep Promotion
- Healthyhorns Play Safe: Healthy Sexuality Program
- Physical Activity on the Forty Acres: Physical Activity Resources
- Study Natural: Prescription Drug Abuse Prevention
- Be That One – Mental Health Promotion and Suicide Prevention program
- Voices Against Violence
• BeVocal – Bystander Intervention initiative

The Longhorn Wellness Center also offers workshops for graduate student audiences. Those workshops include:

• Bouncing Back: Coping with Failure and Rejection

  Description: This workshop helps to normalize the experience of setbacks, failure, and rejection through interactive activities and discussion. Participants will gain an understanding of resilience and develop concrete coping strategies they can use in their everyday life.

• Stress Management

  Description: Stress has become such a part of our daily lives that most of us don't even realize we're stressed until we feel overwhelmed. Using cognitive strategies and relaxation techniques, this interactive workshop will teach you how to relax your muscles and your mind. This is a one hour presentation.

Multicultural Engagement Center

http://diversity.utexas.edu/multiculturalengagement/

The Multicultural Engagement Center (MEC) is a student resource office which is a part of Student Diversity Initiatives, a unit within the Division of Diversity and Community Engagement, that supports a culturally diverse campus and helps cultivate a positive campus climate. The MEC houses six student-run agencies, provides leadership development opportunities, presents peer-facilitated social justice and education trainings, offers a number of support services to student organizations, and hosts community outreach programs such as culturally relevant campus tours and student panels. For many students, the MEC is a great place to access resources and for others, it is a home away from home.

Office for Inclusion and Equity

http://equity.utexas.edu

OIE works with The University of Texas community in implementing and upholding policies and practices that are consistent with federal and state mandates as well as existing University policies regarding equal access, equal employment, and educational opportunity for all persons, without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, gender identity, gender expression, genetic information, disability, or veteran status. OIE also collaborates with faculty, administrators, staff, and students on initiatives to broaden awareness of the mutually reinforcing goals of diversity and excellence through:
strategic diversity planning: http://equity.utexas.edu/diversity-planning-tools/

- campus climate response: http://diversity.utexas.edu/ccrt/
- inclusive faculty recruitment and retention strategies: https://equity.utexas.edu/faculty-recruitment-and-retention/
- inclusive classroom seminars: https://equity.utexas.edu/education/inclusive-classrooms/

**Recreational Sports: Fitness and Wellness**

https://www.utrecsports.org/fitness-and-wellness

The Fitness/Wellness Program emphasizes physical fitness and healthy lifestyle behavior by offering group exercise classes, clinics and series, personal training and more. These programs encourage healthy body image awareness and promote proper exercise techniques.

**Sanger Learning Center (Texas Undergraduate Studies)**

https://ugs.utexas.edu/slc
Phone: 512-471-3614

The Sanger Learning Center in Jester A332 is available to help students improve their academic performance through workshops, private learning specialist appointments, and peer academic coaching.

For Graduate Student Resources, see https://ugs.utexas.edu/slc/grad: The graduate school experience can be challenging in many ways. Meet with a learning specialist to discuss your professional goals, procrastination, or anxiety about writing your dissertation.

**Services for Students with Disabilities (Division of Diversity and Community Engagement)**

http://diversity.utexas.edu/disability/

UT provides upon request appropriate academic accommodations for qualified students with disabilities. Disabilities range from visual, hearing, and movement impairments to ADHD, psychological disorders (e.g. depression and bipolar disorder), and chronic health conditions (e.g. diabetes and cancer). These also include temporary disabilities such as broken bones and recovery from surgery. Contact Services for Students with Disabilities (SSD) at 512-471-6259 [voice], 866-329-3986 [video], ssd@uts.cc.utexas.edu, or http://ddce.utexas.edu/disability.

**Student Veteran Services**

http://deanofstudents.utexas.edu/veterans/index.php

Student Veteran Services helps all students using federal and state veterans education benefits. We walk current and prospective students through the benefits application and certification
process, provide veteran-centered academic support, career services, health care and wellness resources and support the ongoing success of veterans on campus.

**Stress Reduction and Biofeedback Center (SRBC)**

[https://sites.utexas.edu/srbc/](https://sites.utexas.edu/srbc/)

Want to see our weekly posts and articles about mindfulness? Check us out on The University of Texas at Austin Human Resources **FACEBOOK** page! Look for: **#mindfulmonday**

Appointments: Call 512-471-3366 to make an appointment.

We are open Monday–Friday from 8:30 AM-4:00 PM.

Appointments are free and can be scheduled anywhere from 15-45 minutes.

Located in UTA building (1616 Guadalupe St.) Room 2.304

**Title IX Office**

[https://titleix.utexas.edu/](https://titleix.utexas.edu/)

The Title IX Office is committed to supporting the University’s mission to create and maintain an educational and work environment free from all forms of sexual harassment, sex discrimination, exploitation and intimidation where all students, faculty, and staff can learn, work and thrive.

For Reporting Misconduct: [https://titleix.utexas.edu/process](https://titleix.utexas.edu/process)

For Education and Training: [https://titleix.utexas.edu/training](https://titleix.utexas.edu/training)

**University Writing Center**

[http://uwc.utexas.edu/](http://uwc.utexas.edu/)

The UWC provides free programs to support and empower all UT graduate students. Consultants provide one-on-one feedback on any project at any stage of your writing process. For group accountability and instruction, check out their monthly writing groups, workshops, and Saturday retreats.

For graduate student support, services, and resources: [http://uwc.utexas.edu/grad/](http://uwc.utexas.edu/grad/)
UT Outpost

http://deanofstudents.utexas.edu/emergency/utoutpost.php

Student Emergency Services in the Office of the Dean of Students has launched UT Outpost to support students on our campus. Along with our food pantry, our team is launching a career closet to make sure every Longhorn has access to professional clothes for job and internship interviews. Emergencies and financial hardships can interfere with student success beyond the classroom, and this program will serve as an additional resource for students.

Current Hours of Operation
Wednesdays: 10:00 AM – 2:00 PM
Thursdays: 2:00 PM – 6:00 PM:

Vick Center for Strategic Advising and Career Counseling

https://ugs.utexas.edu/vick/career

Confidential career counseling is available to both undergraduate and graduate students from all colleges and disciplines. Topics include: majors, careers, internship planning, graduate school planning, personal statements, resumes, curriculum vitae, and mock interviews. For job search assistance, please visit your college’s career services office.

Appointments are available for currently enrolled or admitted UT students. Schedule online, call 512-232-8400, or stop by our office in JES A115.

Have a quick career question? Want your resume or personal statement reviewed? No need for an appointment! Come to drop-in career counseling Monday through Friday, 1-3 p.m. in JES A115 for a brief, 15-20 minute slot. Our fall semester drop-in hours will conclude on December 11. Spring semester drop-in hours will resume on January 16.

Wellness Network

https://www.wellnessnetwork.utexas.edu/

The Wellness Network is a campus-wide coalition committed to assessing and addressing the health and wellness needs of students, faculty, and staff at The University of Texas at Austin.
STUDENT ORGANIZATIONS

Graduate Student Assembly

https://www.utgsa.net/

We are UT’s Graduate Student Assembly and our mission is to advocate for graduate & professional student needs on the forty acres and beyond! To this end, we serve as the official voice of graduate students at the University of Texas at Austin to UT administrators, staff, and faculty, as well as to the Texas Legislature and UT Board of Regents. GSA provides a plethora of opportunities to enrich the graduate student experience here at UT. This includes:

· Serving as the official means of communicating graduate student needs to university administration.

· Offering financial support for graduate student organizations and individual travel needs.

· Providing a forum to develop policy to further graduate student interests and goals.

· Presenting opportunities for graduate students to connect socially.

Find Student Organizations

Hornslink: https://utexas.campuslabs.com/engage/organizations
CONTACTS FOR EMERGENCIES AND NON-EMERGENCIES

To report inappropriate behavior by faculty, staff and students:

Compliance Office  https://compliance.utexas.edu/
Information Security Office  https://security.utexas.edu/
Office of Inclusion & Equity  https://equity.utexas.edu/
Office of Internal Audits  https://audit.utexas.edu/
Office of Legal Affairs  https://legal.utexas.edu/
Police Department  https://police.utexas.edu/
Provost Office  https://provost.utexas.edu/
Title IX Office  https://titleix.utexas.edu/

24-Hour Nurse Advice Line: (512) 475-NURS (6877)

The hotline is free. No payment is necessary to use it.

Behavioral Concerns Advice Line (BCAL): 512-232-5050

http://www.utexas.edu/safety/bcal

The Behavioral Concerns Advice Line (BCAL) is a service that provides UT Austin’s faculty, students, and staff an opportunity to discuss their concerns about another individual’s behavior. Trained staff members will assist the individual in exploring available options and strategies. They will also provide appropriate guidance and resource referrals to address the particular situation. Depending on the situation, individuals may be referred to resources including but not limited to the Office of the Dean of Students/Student Emergency Services, Counseling and Mental Health Center, and the Employee Assistance Program. An individual can either call the line at 512-232-5050 or report their concerns using the online submission form.

Ombuds Office: (512)-471-3825

https://ombuds.utexas.edu/

Help with communication, including directing you to the appropriate university office, identifying your options, or coaching you to prepare for a difficult conversation. UT has separate Ombuds offices dedicated to students, staff, and faculty.

Student Emergency Services (SES; SSB 4.104): 512-471-5017

http://deanofstudents.utexas.edu/emergency/
Student Emergency Services (SES) in the Office of the Dean of Students serves as a primary point of contact for students and their families and assists with navigating campus and community resources. SES can help students by offering: information regarding course load reductions or full withdrawals, emergency funds, short-term emergency housing, referrals to appropriate campus offices, discrete notifications to professors regarding absences, and coordination with families.

24/7 CMHC Crisis Line: 512-471-CALL (2255)
CMHC Crisis Line is a confidential service of CMHC that offers an opportunity for UT-Austin students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays.

University Health Services (UHS): (512)-471-4955
https://www.healthyhorns.utexas.edu/

University Police for non-emergency situations: (512) 471-4441 ext. 9