



# TEXAS

The University of Texas at Austin



# GRADUATE STUDENT MENTAL HEALTH SERVICES

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Resource guide to health and wellness  
The University of Texas at Austin

COVID-19 Edition - Fall 2020

# TAKE CARE

During graduate school, it is not uncommon for students to experience mental health needs. Graduate school can be a competitive, demanding environment, and students often face challenges stemming from academic and financial stress, and relationships with peers, faculty and family members.

The university offers numerous resources to help students stay healthy and succeed in graduate school. This guide seeks to introduce graduate students to the mental health care and wellness providers on campus and offices that offer services, support and community.

In order to thrive during graduate school, it is vital for students to prioritize mental health and wellness and take advantage of the resources available on campus.

# COUNSELING & MENTAL HEALTH SERVICES

## COUNSELING AND MENTAL HEALTH CENTER (CMHC)

[cmhc.utexas.edu](https://cmhc.utexas.edu) | Sessions via [Telehealth](#)

### 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. Groups are currently being held via Zoom.

### SHORT-TERM INDIVIDUAL COUNSELING

Short-term individual counseling is 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 concerning you.

### 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 UT Austin students sharing their own stories as well as interactive activities designed to help students apply these concepts to their own unique experiences.

### 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 DRUGS COUNSELING PROGRAMS

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.

### COUNSELORS IN ACADEMIC RESIDENCE PROGRAM (CARE)

CARE 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 college at this website: <https://cmhc.utexas.edu/CARE.htm>.

### PREVENTION AND OUTREACH

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. Programs raise awareness and reduce stigma about mental health concerns and address barriers to academic excellence.

# COST & CONTACT

#### Location:

Student Services Building (SSB)  
100 W. Dean Keeton St., 5th Floor  
Offering Telehealth Sessions

#### Business Hours for Counseling:

Monday-Friday, 8 a.m. - 5 p.m.

#### Appointment Scheduling hours:

Monday-Friday

8a.m. - Noon

1 p.m. - 4 p.m.

Phone: (512) 471-3515, option 3

Crisis Line: 512-471-2255

#### FREE SERVICES:

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

#### SERVICES WITH A COST:

- Psychiatric appointment: **\$10**
- No show or cancellation with less than 24 hours' notice: **\$25**

#### OFF CAMPUS RESOURCES:

- [Counseling in Austin](#)
- [Find a Therapist](#)

# WELLNESS & SELF-CARE

## ANXIETY & STRESS CLINIC

[clinics.la.utexas.edu/anxiety-and-stress-clinic](https://clinics.la.utexas.edu/anxiety-and-stress-clinic) | Offering virtual sessions

Treatment services are designed to provide effective psychological care in a compassionate environment to members of the 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, post-traumatic stress disorder and depression.

## SELF-CARE ACTIVITIES

[cmhc.utexas.edu/selfcare](https://cmhc.utexas.edu/selfcare)

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

## DIVISION OF DIVERSITY & COMMUNITY ENGAGEMENT

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

The Division of Diversity and Community Engagement works with a broad range of students, faculty and staff members to help connect their 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.

## GENDER & SEXUALITY CENTER (GSC)

[diversity.utexas.edu/genderandsexuality](https://diversity.utexas.edu/genderandsexuality) | Appointments held virtually

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. The GSC is located in the WCP.

## LONGHORN WELLNESS CENTER

[healthyhorns.utexas.edu/healthpromotion.html](https://healthyhorns.utexas.edu/healthpromotion.html) | Offering virtual sessions

The Longhorn Wellness Center offers programs that help prevent health conditions or health-related behaviors from being a barrier to a students' academic and personal success. These include the following workshops for graduate students:

- Bouncing Back: Coping with Failure & Rejection
- Stress Management

## LONGHORN CONNECTION

<https://longhornconnection.utexas.edu>

Use this website as a resource to engage with your community, prioritize your wellness and enjoy creativity through virtual events.

## MULTICULTURAL ENGAGEMENT CENTER (MEC)

[diversity.utexas.edu/multiculturalengagement](https://diversity.utexas.edu/multiculturalengagement) | Appointments held virtually

The MEC 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.

## RECREATION SPORTS: FITNESS & WELLNESS

[utrecsports.org/fitness-and-wellness](https://utrecsports.org/fitness-and-wellness) | Offering virtual options

The Fitness and 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.

## UT OUTPOST

[deanofstudents.utexas.edu/emergency/utoutpost.php](https://deanofstudents.utexas.edu/emergency/utoutpost.php) | UA9 Building

The UT Outpost is food pantry and career closet that provides Longhorns with food and 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. *The UT Outpost is currently offering online ordering and contactless pickup.*

## WELLNESS NETWORK

[wellnessnetwork.utexas.edu](https://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.

## OMBUDS OFFICE

[ombuds.utexas.edu](https://ombuds.utexas.edu) | (512) 471-3825 | Appointments held virtually

The Ombuds Office helps with communication strategies, including directing students to the appropriate university office, identifying your options or coaching you to prepare for difficult conversations. UT has separate Ombuds Offices dedicated to students, staff and faculty.

## GRADUATE STUDENT ASSEMBLY

[www.utgsa.net](https://www.utgsa.net)

The mission of the Graduate Student Assembly (GSA) is to advocate for graduate and professional student needs on the Forty Acres and beyond! To this end, the GSA serves as the official voice of graduate students 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.

# IN CASE OF EMERGENCY

### Emergency Loans (Office of Financial Aid)

[finaid.utexas.edu/types-of-aid/emergency-loans/](https://finaid.utexas.edu/types-of-aid/emergency-loans/)

### 24-Hour Nurse Advice Line:

(512) 475-NURS (6877)

The hotline is free!

### Behavior Concerns and COVID-19 Advice Line (BCCAL):

(512) 232-5050

[deanofstudents.utexas.edu/emergency/behaviorconcerns](https://deanofstudents.utexas.edu/emergency/behaviorconcerns)

BCCAL provides advice and support about the behavior of someone connected to UT Austin and answers questions related to COVID-19.

### Student Emergency Services

(512) 471-5017

Student Services Building 4th Floor

[deanofstudents.utexas.edu/emergency/](https://deanofstudents.utexas.edu/emergency/)

Provides assistance, intervention and referrals to support students navigating challenging or unexpected issues that impact their well-being and academic success.

### 24/7 CMHC Crisis Line

(512) 471-CALL (2255)

### University Health Service (UHS)

Student Services Building

(512) 471-4955

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

# GRADUATE ACADEMIC SUPPORT & PROFESSIONAL DEVELOPMENT

## TEXAS CAREER ENGAGEMENT

[careerengagement.utexas.edu/graduate-students](https://careerengagement.utexas.edu/graduate-students) | Workshops held virtually

Texas Career Engagement focuses on helping graduate and professional students connect with the many resources available at UT to discover career options, complement academics with experiential learning, develop professional skills, connect with employers for internships and employment, and prepare for advanced-degree programs. They offer numerous workshops every semester.

## FACULTY INNOVATION CENTER (FIC)

[facultyinnovate.utexas.edu](https://facultyinnovate.utexas.edu) | Workshops held virtually

In collaboration with UT's academic departments and graduate student support organizations, the FIC 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.

## SANGER LEARNING CENTER

[ugs.utexas.edu/slc/grad](https://ugs.utexas.edu/slc/grad) | Workshops held virtually

The Sanger Learning Center provides support for teaching assistants, including one-on-one and groups for TAs, presentation skills, teaching methodologies, personal growth and leadership: <https://ugs.utexas.edu/slc/ta>. The Sanger Learning Center also provides conversational English sessions for international students.

## SERVICES FOR STUDENTS WITH DISABILITIES (SSD)

[diversity.utexas.edu/disability](https://diversity.utexas.edu/disability) | Appointments held virtually

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](mailto:ssd@uts.cc.utexas.edu) or <http://ddce.utexas.edu/disability>.

## STUDENT VETERAN SERVICES

[deanofstudents.utexas.edu/veterans](https://deanofstudents.utexas.edu/veterans) | Appointments held virtually

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.

## UNIVERSITY WRITING CENTER

[uwc.utexas.edu/grad](https://uwc.utexas.edu/grad) | Workshops held virtually

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.



# RESOURCES FOR ACADEMIC EMPLOYEES

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

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

The Employee Assistance Program is available to all UT employees, including TAs, AIs and GRAs. It provides 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.

**Video Counseling Appointment:** Academic employees 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.

## OFFICE FOR INCLUSION AND EQUITY

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

OIE works with the university 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>

## TITLE IX OFFICE

[titleix.utexas.edu](http://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>
- For education and training: <https://titleix.utexas.edu/training>

# CONTACTS FOR NON-EMERGENCIES

## Protect Texas Together

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

## University Compliance Services

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

## Information Security Office

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

## Office of Inclusion & Equity

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

## Office of Internal Audits

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

## Office of Legal Affairs

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

## Police Department

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

Non-emergency:  
(512) 471-4441 ext.9

## Office of the Provost

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

## The Graduate School

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

## Title IX Office

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

## Employee Assistance Program

Monday -Friday: 8 a.m. - 5 p.m.  
(512) 471-3366  
[eap@austin.utexas.edu](mailto:eap@austin.utexas.edu)

After Hours:

(512) 471-3399

## OFF CAMPUS RESOURCES:

- [Counseling in Austin](#)
- [Find a Therapist](#)



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