The University of Texas at Austin
Counseling and Mental Health Center
Division of Student Affairs

Number of Attended Sessions over the last 8 years
101%
Number of Students Served over the last 8 years
77%

I was initially considering a withdrawal but CMHC services helped me remain in school.
Source: CMHC Annual Client Satisfaction Survey results

Individual Counseling
Students served: 6,102
Attended appointments: 18,744

In a survey of CMHC individual counseling clients:
I would recommend CMHC services to other students. 99%
Overall, counseling has been helpful. 96%

Psychiatric Services
Students served: 656
Attended appointments: 2,927

In a survey of CMHC psychiatric clients:
My psychiatrist treated me respectfully (listened, understood & cared). 95%
I would recommend CMHC Psychiatric Services to other students. 97%

Group Counseling
Number of groups offered: 96

In a survey of CMHC group counseling clients:
Group counseling has helped me make progress toward my goals. 92%
Group counseling helped me better manage stress and/or difficult emotions. 86%

CARE Program
The Counselors in Academic Residence (CARE) program embeds mental health professionals in partnering academic schools and units to provide counseling services, consultation, and education related to student mental health.

13 CARE Partners
- Cockrell School of Engineering
- College of Education
- College of Fine Arts
- College of Liberal Arts
- College of Natural Sciences
- Dell Medical School
- McCombs School of Business
- Moody College of Communication
- School of Architecture
- School of Nursing
- School of Social Work
- School of Undergraduate Studies
- University Housing and Dining

Source: CMHC Annual Client Satisfaction Survey results
Part-time and full-time trainees received training and provided services to UT students, including psychiatric medication management, individual and group counseling, crisis intervention services, and prevention and outreach activities.

20 Students Served 1,759 Sessions Attended