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

CARE Counseling
Counseling services in each college and school
Alexandra Okeke, CSE CARE Counselor, 512-471-8396
Belinda Valenzuela, CSE CARE Counselor, 512-471-3741
cmhc.utexas.edu/CARE.html

TimelyCare
Virtual mental health and well-being platform for all currently enrolled UT Austin students
cmhc.utexas.edu/timelycare.html

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

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

Mental Health Promotion and Suicide Prevention Program
Comprehensive initiative designed to foster a culture of support and minimize harm around mental health and well-being
cmhc.utexas.edu/mental-health-promotion-suicide-prevention-program.html

Title IX Support and Resources
Provides help with accommodations, support and resources for Title IX-related matters (including pregnancy, nursing and parenting)
titleix.utexas.edu/support-resources

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

ADDITIONAL WELLNESS RESOURCES

Center for Access and Restorative Engagement
Provides leadership in fostering a fair and rewarding campus experience for all members of the UT community
community.utexas.edu/care

Center for Leadership and Learning
Learning community that empowers students to become global citizens and leaders.
community.utexas.edu/cll

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

Division of Campus and Community Engagement
Supports the integration of access and belonging, connects with the community and offers academic support
community.utexas.edu

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

SHIFT
Works to shift UT’s culture around substance use
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

Women’s Community Center
Provides resources, education and connection for students of all genders
https://community.utexas.edu/wcc

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.php

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/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
Graduate student pedagogical, academic and professional support
ctl.utexas.edu/programs-initiatives/graduate-student-development

Disability and Access
Accommodations for disabilities and instructional continuity
community.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
cockrell.utexas.edu/texas-engineering-belonging-and-engagement/eoe

EOE Tutoring Program
Engineering tutoring for undergraduate students
cockrell.utexas.edu/texas-engineering-belonging-and-engagement/EOE/tutoring

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

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
undergradcollege.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
cockrell.utexas.edu/texas-engineering-belonging-and-engagement/wep

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

Department of Investigation and Adjudication
Investigates allegations of discrimination, harassment and other prohibited conduct
compliance.utexas.edu/department-investigation-and-adjudication

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

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

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