

# Counseling and Mental Health Center

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Services are available in-person and through virtual visits. The telephone number is (512) 471-3515.

The [Counseling and Mental Health Center \(CMHC\)](#) is in the Division of Student Affairs and assists University of Texas at Austin students in coping effectively with aspects of their personal, social and psychological well-being and growth, so they may realize their full academic potential. CMHC programs address problems that can affect day-to-day living; respond to student crises; support student mental health, well-being and safety; and prepare the student to respond more effectively to the challenges of university life. CMHC also provides support to the University community by consulting with faculty, staff and administrators and by responding to traumatic events affecting university students when requested.

CMHC services include brief assessment for referral to the most appropriate CMHC or community service; short-term individual counseling; group counseling; support and skills development workshops; psychiatric evaluation and medication, if indicated; and prevention and education programs designed to support student safety, growth and development. Crisis counseling is provided during business hours, and a 24-hour crisis line is available at (512) 471-CALL (471-2255).

CMHC also offers TimelyCare, a virtual mental health and well-being platform for currently enrolled students. Through the mobile app or desktop, students receive 24/7 access to virtual care through phone or secure video visits. Scheduled counseling and psychiatry visits are available to students anywhere in the United States, and additional services such as TalkNow, health coaching, and self-care content can be accessed anywhere in the world. TimelyCare providers offer support in over 240 languages.

The [Counselors in Academic Residence \(CARE\)](#) program provides convenient and accessible counseling for students in most colleges and schools, as well as consultation for their faculty and staff.

The [Integrated Health Program](#), a collaboration with University Health Services (UHS), offers mental health services within the UHS clinical setting, as well as self-help MindBody Labs for stress reduction and biofeedback.

The [Voices Against Violence Program](#) provides clinical services for survivors of interpersonal violence including crisis, individual and group counseling.

The [Mindful Eating Program](#) provides treatment options for students with disordered eating or body image concerns.

The [Substance Use Support Team](#) provides assessment, support services and short-term counseling for students with alcohol and other drug use/abuse issues.

CMHC clinical staff includes psychologists, professional counselors, psychiatrists and social workers. It is approved by the American Psychological Association for internship training and partners with University of Texas at Austin departments of clinical psychology, counseling psychology, and educational psychology and the Steve Hicks School of Social Work in training intern and practicum students. Additionally, CMHC partners with University of Texas at Austin Dell Medical School Psychiatry Residency Program in training psychiatry residents and the Child and Adolescent Psychiatry Fellowship Program in training child and adolescent psychiatry fellows.

The [CMHC](#) is located on the fifth floor of the Student Services Building, 100 West Dean Keeton Street, and is open weekdays 8:00 am to 5:00 pm.