

Counseling and Mental Health Center

The [Counseling and Mental Health Center](#) (CMHC or center) 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. The center also provides support to the University community by consulting with faculty, staff and administrators and by responding to traumatic events affecting university students.

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). Confidential real-time and appointment-based telehealth services are available 24/7 through a partnership with a third party vendor.

CMHC is committed to the promotion and affirmation of diversity in its broadest sense. Its mission requires that people of every background be able to use its services with the expectation of respectful treatment. CMHC's [counseling and community outreach specialists](#) include clinicians with specialized interests, training and knowledge in serving the University's diverse student population.

The [Counselors in Academic Residence \(CARE\)](#) program provides convenient and easily-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, self-help MindBody Labs for stress reduction and biofeedback and classes on stress management and mindfulness. 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 [Alcohol and Other Drugs Program](#) provides assessment, support services and short-term counseling for students with alcohol and other drug use/abuse issues.

The Longhorn Wellness Center, part of the CMHC and UHS, supports student life and academic success by addressing relevant health topics including high risk drinking prevention, suicide prevention, bystander intervention, sleep promotion, healthy sexuality, interpersonal violence prevention, active living and mental health promotion. The Longhorn Wellness Center uses multi-level, evidence-based prevention strategies such as peer education, social marketing, social norms initiatives, environmental change strategies and strategic campus partnerships.

CMHC clinical staff includes counseling and clinical psychologists, professional counselors, psychiatrists and social workers. It is approved by the American Psychological Association for internship training and cooperates with The University of Texas at Austin departments of clinical psychology, educational psychology and the Steve Hicks School of Social Work in training intern and practicum students. Additionally, CMHC cooperates with The University of Texas at Austin School of Nursing in training psychiatric nurse practitioner students, The University

of Texas at Austin College of Pharmacy in training pharmacy residents and The University of Texas at Austin Dell Medical School Psychiatry Residency Program in training psychiatry residents.

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