

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

Anxiety and Stress Clinic

Individual and group therapy for anxiety and stress-related disorders

clinics.la.utexas.edu/anxiety-and-stress-clinic

Be That One

Suicide prevention resources

cmhc.utexas.edu/bethatone

CARE Counseling

Counseling services in each college and school
(Jeni Wade, Cockrell School CARE Counselor, 512-471-8396)

cmhc.utexas.edu/CARE.html

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

Services for Survivors of Sexual Assault

Advocacy for sexual assault survivors, emergency fund, advocacy

cmhc.utexas.edu/vav/vav_survivorservices.html

Voices Against Violence

Interpersonal violence resources

cmhc.utexas.edu/vav

ADDITIONAL WELLNESS RESOURCES

Division of Diversity and Community Engagement

Cultivates an inclusive campus culture, connects with the community and offers academic support

diversity.utexas.edu

Gender and Sexuality Center

Resources and education responsive to the needs of women and the LGBTQIA+ community

diversity.utexas.edu/genderandsexuality

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

Monarch Student Program

Services for undocumented students

diversity.utexas.edu/academiccenter/monarch-student-program

Multicultural Engagement Center

Community development and advocacy for students with a range of identities

diversity.utexas.edu/multiculturalengagement

Counseling and Mental Health Center Self Care Activities

Resources for engaging in self care at UT Austin

cmhc.utexas.edu/selfcare.html

SHIFT

Substance abuse prevention

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

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

University Health Services

Medical care
healthyhorns.utexas.edu

FINANCIAL SUPPORT

Engineering Scholarship Program

Scholarships for engineering students
enr.utexas.edu/admissions/financial-support

Texas Global - Financial Services

International scholarships and emergency financial assistance
global.utexas.edu/iss/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

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
enr.utexas.edu/student-life/career-services

Equal Opportunity in Engineering (EOE)

Resources to support students from historically underrepresented populations in engineering
enr.utexas.edu/eoe

EOE Tutoring Program

Engineering tutoring for undergraduate students
enr.utexas.edu/eoe/student-programs/academic-programs/tutoring

Faculty Innovation Center

Graduate student pedagogical, academic and professional support
facultyinnovate.utexas.edu

Graduate Student Assembly

Advocate group for graduate and professional students at UT Austin
utgsa.net

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
ugs.utexas.edu/slc

Services for Students with Disabilities

Accommodations for disabilities and instructional continuity
diversity.utexas.edu/disability

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
enr.utexas.edu/wep

REPORTING CONCERNS ABOUT A STUDENT

24/7 Crisis Line

512-471-CALL (2255)
cmhc.utexas.edu/24hourcounseling.html

Behavioral Concerns Advice Line (BCAL) 512-232-5050

Report concerns about students, faculty and staff
besafe.utexas.edu/behavior-concerns-advice-line

Departmental Advisors

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

Engineering Student Services

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

Office for Inclusion and Equity

Resources to advance a diverse, equitable and supportive campus and to report bias incidents
equity.utexas.edu

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

