MENTAL HEALTH RESOURCES AT UT-AUSTIN (August 2012)

1) Counseling and Mental Health Center (CMHC): http://cmhc.utexas.edu/
   One-on-one counseling and group counseling on the fifth floor of the Student Services Building, where students can either make an appointment or walk in. Services include medication and psychiatric services.

2) For staff: Employee Services: http://www.utexas.edu/hr/current/services/
   Links to resources: EAP (Employee Assistance Program); Occupational Health Program; Work/Life Balance Program; Conflict Management & Dispute Resolution & Services; Strategic Workforce Solutions (consultation services available); Employee Records Services; Learning & Development; Other Campus Resources & Services.

3) Counseling & Mental Health Center (CMHC) Resources for faculty & staff: http://www.cmhc.utexas.edu/facultyandstaff.html
   - How You Can Help a Student in Distress: http://www.cmhc.utexas.edu/studentindistress.html
   - Request a Presentation: http://www.cmhc.utexas.edu/presentations.html
   - Response to Traumatic Events: http://cmhc.utexas.edu/traumaevents.html
   - Returning Veteran Students Info for Faculty & Staff: http://www.cmhc.utexas.edu/staffveterans.html

4) Suicide Prevention: Suicide prevention through education, outreach, and peer support: http://www.cmhc.utexas.edu/bethatone/index.html

5) BECAL, Behavior Concerns Advice Line: http://www.utexas.edu/safety/bcal/
   For anyone at UT who is worried/bothered by the behavior of a friend, roommate, classmate, student.
   Call BECAL at (512) 232-5050
   Report concerns online: Only faculty, staff and students with a valid UTEID can use the online form

6) Active Minds: Student organization Active Minds: In partnership with the UT Counseling and Mental Health Center, Active Minds is about students helping students talk openly about mental and emotional issues and realizing how universal these issues are.
   Link to UT website of Active Minds: https://webspace.utexas.edu/emk448/mainpage.html
   Link to national website of Active Minds: http://www.activeminds.org/
   "We don't all have mental illness but we all have mental health."

7) SMH, Screening for Mental Health: http://www.mentalhealthscreening.org/programs/colleges/
   Online screening for depression, alcoholism, eating disorders, etc.

   UT students can call anytime to talk with trained counselors about problems & concerns, 24 hrs per day, 7days per week, and 365 days per year.

9) CMHC provides a page of numerous links to information addressing common concerns of students:
   http://www.cmhc.utexas.edu/commonconcerns.html

10) Join a CMCH group or class: http://www.cmhc.utexas.edu/groups.html
    Students can click on a list of groups and classes on this page. All groups are free and confidential.

11) Stress Recess: Stress Management and Reduction website provided by CMHC:
    http://www.cmhc.utexas.edu/stressrecess/index.html

12) CMHC’s Mind/Body Lab: http://www.cmhc.utexas.edu/mindbodylab.html
    “The MindBody Lab is a self-paced environment designed to help UT students explore various resources for improving their emotional and physical health. The Lab currently features audio and video instruction on a variety of topics. Most of this material is experiential to enable one to follow along and practice the skills as they are being discussed. In the coming months, we plan to introduce new biofeedback equipment as well as other interactive tools. The MindBody Lab currently contains information and guided exercises on: Breathing Exercises, Muscle Relaxation, Meditation, Relaxation Imagery / Relaxation Sounds, Guided Imagery, Health & Well Being, Sleep Issues, Food & Body Image
    Please note that you will need a photo ID in order to check out equipment from the front reception desk."