

Resource Guide for Faculty, Instructors and Academic Leaders

The UT Counseling and Mental Health Center (CMHC) is dedicated to providing a wide variety of high-quality and accessible mental health services to help all Longhorns succeed. While we realize most faculty and staff are not mental health professionals, the information and resources below have been hand-selected for you to help you serve as a resource for our students. As always, we are here for you. Please reach out to us or your college or school CARE counselor at cmhc.utexas.edu/care whenever you need assistance.

TOOLS FOR YOU

Access these resources to enhance your mental-health knowledge and deepen your understanding and expertise.

Well-Being in Learning Environments (WBLE)

Learn practical tools for embedding conditions for well-being in the classroom, including social connections, mindfulness, growth mindset and more. cmhc.utexas.edu/wellbeing

Mental Health Conversations

A simulation program that allows you to practice having important and life-saving conversations with students who are experiencing distress and/or suicidal ideation. You will also learn when and how to make referrals to campus mental health resources. cmhc.utexas.edu/mhc

Comprehensive Guide for Faculty and Staff

This guide provides information about how to create a caring culture in the classroom, normalize the need for help and assist a student in distress. You will also learn about common symptoms of depression and anxiety, campus resources for students and more. cmhc.utexas.edu/facultyandstaff.html

SHIFT

Learn more about the SHIFT initiatives aiming to change the culture around substance use on campus. See how you can become a part of SHIFT and connect your students to this meaningful culture-changing work. shift.utexas.edu

TOOLS FOR YOUR STUDENTS

Keep these resources in mind when speaking with your students and student staff — both undergraduates and graduates.

UT Counseling and Mental Health Center

The CMHC provides counseling, psychiatric, consultation and prevention services that facilitate students' academic and life goals and enhance their personal growth and well-being. All student contact with CMHC is confidential and separate from academic records.

CMHC professional staff includes clinicians who represent a variety of mental health disciplines including licensed professional counselors, psychiatrists, psychologists and social workers.

CMHC Services

The CMHC provides a wide variety of services including crisis services, counseling services including immediate support and well-being resources. Visit cmhc.utexas.edu for additional information.

Charges and Insurance:

CMHC does not accept insurance. Psychiatry visits are \$10 per visit. Everything else is provided at no charge to all currently enrolled UT Austin students.

CMHC Location and Contact

Student Services Building (SSB) 5th Floor
100 West Dean Keeton Street
Monday-Friday, 8 a.m.-5 p.m.
Website: cmhc.utexas.edu
Main Line: 512-471-3515
24/7 Crisis Line: 512-471-2255 (CALL)

   @Healthyhorns

Student Emergency Services

A program of the Division of Student Affairs

Student Emergency Services helps students and their families during difficult or emergency situations. Assistance includes outreach, advocacy, intervention, support, and referrals to relevant campus and community resources. Learn more at deanofstudents.utexas.edu/emergency.

HO - CMHC Resource Guide for Faculty, Instructors and Academic Leaders - 01062022



The University of Texas at Austin

Counseling and Mental Health Center

Division of Student Affairs

CMHC.UTEXAS.EDU