

UT AUSTIN-BASED Additional Resources

Counseling and Mental Health Center

- Student Services Building (SSB-0980), 100 W Dean Keaton St, Austin, TX 78712
- 512-471-3515, Mon-Fri 8 a.m. to 5 p.m.
- 988 - National Suicide Prevention Lifeline



Case Management:

- CMHC's dedicated case managers are your go-to resource for accessing campus and community services. Whether seeking mental health care or addressing basic needs, we offer comprehensive assistance, coordination, and advocacy to empower your well-being and success. Reach out to CMHC's intake line, [512-471-3515](tel:512-471-3515), Monday through Friday, 8 a.m. to 5 p.m., to speak with a Brief Assessment and Referral Counselor who will assist in scheduling your appointment. Scroll all the way down until you see “case management,” and click on the link.



TimelyCare:

- A virtual mental health and well-being platform for currently enrolled UT Austin students.*
- TimelyCare providers offer support in over 240 languages.
- ** For assistance, please call us at [833-4-TIMELY](tel:833-4-TIMELY).



Counselors in Academic Residence Program (CARE):

- For more information regarding the CARE Program, we encourage you to meet with the counselor designated for your area during their office hours. You can locate their office hours, contact information, and location on the web page dedicated to the CARE counselor assigned to your area in the menu on this page. Alternatively, you may contact Laura Dupuis, LCSW, at [512-475-6914](tel:512-475-6914) for further assistance.



SHIFT:

- SHIFT comprises six pilot initiatives integrating multi-dimensional approaches to engage our entire UT community, including students, faculty, staff, and alumni. Email us at shift@austin.utexas.edu



Mindful Eating Team:

The Mindful Eating Team provides assessment and referral support for students with food, weight, and body image concerns. This multidisciplinary team of professionals is dedicated to your physical and emotional well-being. There are three ways in which members of this team can be accessed:

- scheduling an appointment with a Counseling and Mental Health Center counselor at [\(512\) 471-3515 \(preferred first step\)](tel:512-471-3515), OR
- scheduling an appointment with a University Health Services (UHS) healthcare provider at [\(512\) 471-4955](tel:512-471-4955), OR
- scheduling an appointment with the UHS dietitian at [\(512\) 475-8010](tel:512-475-8010).



Voices Against Violence Clinical Services:

If you are in immediate danger or experiencing a medical emergency, call 911 or go to the nearest emergency room.

Voices Against Violence Clinical Services provides confidential advocacy, counseling, and [group services](#) to UT Austin students who have been impacted by any type of interpersonal violence, including sexual violence, dating violence, and stalking. To access these services, call the CMHC and ask for a VAV appointment. Information on [Voices Against Violence Interpersonal Violence Prevention Programming](#).
Contact Phone: [512-471-3515](tel:512-471-3515), Monday-Friday from 8 a.m.-5 p.m.



24/7 Care:

- Call 911 if you are in immediate danger or experiencing a medical emergency.
- Call the 24/7 Nurse Advice Line at [512-475-6877](tel:512-475-6877) to speak with a registered nurse about whether or how soon you should seek medical attention. *If you call the main UHS phone line, [512-471-4955](tel:512-471-4955), you can access the 24/7 Nurse Advice Line by going through the phone tree and pressing #2.*
- Call the 24/7 CMHC Crisis Line at [512-471-2255](tel:512-471-2255) for immediate crisis counseling.
- Call the [24/7 SAFEline](#) at [512-267-SAFE](tel:512-267-SAFE) (7233). This 24/7 confidential line is for victims of domestic violence, sexual assault, sex trafficking, and abuse.



The MindBody Labs:

What are the MindBody Labs?

- The MindBody Labs are self-paced environments designed to help UT students explore resources for improving their emotional and physical health. The labs currently feature audio and video instruction on a variety of topics. Most material is experiential, enabling students to follow along and practice skills as they are being discussed.



GENERAL CITY OF AUSTIN SERVICES (NON-UT):

- **FAMILY CARE CENTER:**

Family Therapy

We are family therapists, trainers, and educators. All of our staff are involved in community education, helping to inform parents, teenagers, teachers, couples, and clinicians of the impact of family therapy on mental health and well-being. Our approach to family therapy may be what you need, but you're unsure where to start. Our [friendly office staff](#) can help direct you to the care you seek. Call [512-329-6611](#) for a safe and confidential consultation today.



Austin Behavioral Health Center:

- ABHC has provided psychological services to the Austin community since 1995. Founded by Jane Yorke, M. A., and Gary Yorke, Ph. D., ABHC maintains a strong commitment to providing the best possible psychological services to Austin and the surrounding communities.
- Gary and Jane Yorke have a combined total of over 40 years of experience in psychology. Please [call or email us](#) if you have any questions about our services.



ST. Davis's Medical Center:

- 19 E 32nd St, Austin, TX 78705
- [\(512\) 476-7111](#)



Mental Health Retreats:

THE RETREAT: “You deserve to live well. With an exclusive residential program, Amend Wellness is a premier mental health wellness retreat dedicated to helping our clients identify and integrate the balancing, self-affirming lifestyle choices that promote well-being. Our sophisticated approach begins with psychiatric, medical and clinical assessment. By identifying, addressing and correcting individual imbalances, personal growth through education and self-care is encouraged. Through a restored and confident spirit, clients complete their stay at Amend Wellness feeling emotionally, spiritually and physically improved- they have done the work to amend their lives, and their wellness abides.”

CONTACT INFORMATION

701 N Highway 95
Elgin, TX 78621. MAIN LINE: (512) 882-0298



The Meadows Outpatient Center:

CONVENIENT TREATMENT IN THE STATE CAPITAL: “Perfect for those who have already completed a residential, inpatient or partial-hospitalization treatment program or someone who doesn’t require a higher level of care, The Meadows Outpatient Center-Austin is based on Pia Mellody’s time-tested Meadows Model of Developmental Immaturity. Let us work with you to determine the safest and most appropriate program for your specific treatment needs.” **Contact:** 866-695-4823

