

Health and Safety Resources for Students, Faculty, and Staff

University Health Services - <https://healthyhorns.utexas.edu/>

24-Hour Nurse Advice Line: (512) 475-NURS (6877)

Campus Safety - <https://besafe.utexas.edu/>

UT Police for non-emergency situations: 512-471-441 ext. 9

Behavior Concerns Advice Line: 512-232-5050
<https://besafe.utexas.edu/behavior-concerns-advice-line>

The Behavioral Concerns Advice Line (BCAL) is a service that provides UT Austin's faculty, students, and staff an opportunity to discuss their concerns about another individual's behavior. Trained staff members will assist the individual in exploring available options and strategies. They will also provide appropriate guidance and resource referrals to address the particular situation. An individual can either call the line or report their concerns using the online submission form.

Counseling and Mental Health Center (CMHC)
<https://cmhc.utexas.edu> Phone: (512) 471-3515

Thrive at UT
<https://www.cmhc.utexas.edu/thrive/index.html>

Thrive is a free iPhone app designed to enhance UT Austin student well-being and help better manage the ups and downs of campus life. Students will find short videos of actual UT Austin students sharing their own stories as well as interactive activities designed to help them apply these concepts to their own unique experience.

24/7 CMHC Crisis Line: 512-471-CALL (2255)

CMHC Crisis Line is a confidential service of CMHC that offers an opportunity for UT-Austin students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays.

Anxiety and Stress Clinic
<https://clinics.la.utexas.edu/anxiety-and-stress-clinic/>

Treatment services are designed to provide effective psychological care in a compassionate environment to members of the University of Texas at Austin (UT) campus and general public.

Services are provided by faculty-supervised doctoral students in UT's highly ranked Clinical Psychology doctoral program, and on a limited basis by licensed psychologists. They treat a range of anxiety disorders including social anxiety disorder, generalized anxiety disorder, specific phobias, panic disorder, and agoraphobia. Additionally, they focus on anxiety related issues such as obsessive-compulsive disorder, posttraumatic stress disorder, and depression.

Self-Care Activities

<https://cmhc.utexas.edu/selfcare.html>

Self-care activities and practices can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. Self-care is essential in order to be successful inside and outside of the classroom, and can help you manage the ups and downs of college life. Find a list of the many ways to practice self-care on this website with links for more information.

Division of Diversity and Community Engagement

<https://diversity.utexas.edu/>

The Division of Diversity and Community Engagement works with a broad range of student, faculty, staff, and community constituents to help The University of Texas at Austin connect its intellectual resources to communities across Texas and offer education to those who may face the greatest challenges in accessing it. The Division focuses on four core pillars: campus culture, community engagement, education pipeline, and research.

Office for Inclusion and Equity

<https://equity.utexas.edu>

OIE works with The University of Texas community in implementing and upholding policies and practices that are consistent with federal and state mandates as well as existing University policies regarding equal access, equal employment, and educational opportunity for all persons, without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, gender identity, gender expression, genetic information, disability, or veteran status.