WE’RE HERE FOR YOU

Physical and Mental Healthcare on Campus

ZACH COHEN-FORD
Outreach Coordinator, The University of Texas at Austin
Exactly who are you and why are you talking to me?
Who we are

• University Health Services
  – Just like your family doctor, and much more
  – Your resource for all health concerns and information

• Counseling and Mental Health Center
  – Mental healthcare provider
  – On-campus source for several mental health resources
Visit us in the Student Services Building (SSB)

- M-F 8-5
- UHS appointments desk is on the first floor
- CMHC appointments desk is on the 5th floor
University Health Services

- General Medicine
- Urgent Care
- Allergy, Immunization, & Travel
- Women’s Health
- Nutrition Services
- Physical Therapy

- Sports Medicine
- STI Testing
- SAFE Exams
- Lab & Radiology
- Prevention
- Nurse Advice Line
- And more!
The Bottom Line

• If you need healthcare, we’re your first stop
  – We can almost certainly help
  – We’re cheaper than most other clinics
  – We’re right on campus
  – If we can’t help, we will point you in the right direction
How to access care

• healthyhorns.utexas.edu
• 512-471-4955
• SSB 1st floor
More about UHS

- 69,098 total visits last year
- 24,384 unique patients
- Approximately 1 in 2 students
Nurse Advice Line

• 512-475-NURS (6877)
• 24/7/365
• Speak with a registered nurse from anywhere in the world
Charges & Insurance

- UHS accepts most insurance (including UT Select)
- $10 office visit charge
- Charges apply for tests, procedures, etc.
- Discounted rate available
- Charges go to What I Owe
Student Health Insurance Plan

- Full year cost = $2,789 (8/15/19-8/14/20)
- Must enroll by 9/14/19
- Fall, Spring/Summer, and Summer options also available
- utexas.myahpcare.com
What about me?
CMHC

• Short-term individual counseling
• Group counseling
• Psychiatric services
• Case management/referral assistance
• Prevention and specialty services
The Bottom Line

• Just give us a call
  – Everyone goes through the same process
  – We handle everything, you just need to reach out
How to access care

• 512-471-3515
• SSB 5th floor
More about CMHC

- 28,097 appointments last year
- 6,890 unique patients
- 99% of students would recommend CMHC to others

I was initially considering a withdrawal but CMHC services helped me remain in school.

Source: CMHC Annual Client Satisfaction Survey results
Group Counseling

Skills based

Population focused

Topic focused
Individual Counseling

- Short-term
- Single Session
- Crisis Session
Psychiatric Services

- Psychiatric Evaluations
- Medication management
- Treatment Planning
- Case management
24/7 Crisis Line

• 512-471-CALL (2255)

• Licensed counselors will help you with any issue you’re facing and come up with a plan
Specialty Programs

• Counselors in Academic Residence
  – Licensed mental health professionals
  – Physically located within and dedicated to a college/school
  – Almost all colleges/schools
  – Faculty/staff referrals
Specialty Programs

• Alcohol and Other Drug Counseling
• Integrated Health
• Mindful Eating
• Voices Against Violence
And Even More!

- MindBody Labs
  - 5th floor of the SSB
  - SAC 2.106
  - NUR 3.156D
  - No appointment needed
- Thrive @ UT
  - Free iPhone app (Android in development)
Charges & Insurance

- CMHC does not accept insurance because:
  - Psychiatry visits are $10 per visit
  - Everything else is 100% free of charge
Contact Information

• UHS Main Line: 512-471-4955
• Nurse Advice Line: 512-475-6877
• Healthyhorns.utexas.edu

• CMHC Main Line: 512-471-3515
• Crisis Line: 512-471-2255
• Cmhc.utexas.edu
Questions?

• Follow us on social media @Healthyhorns
FALL 2019

THE OFFICE OF EXTERNAL AFFAIRS

Lainey Corliss, Assistant Director of Corporate Relations
Ana Lozano, Senior Manager of Constituent Programs
Hope Grossman, Events Program Coordinator
Staci Norman, Marketing Manager
Office of External Affairs

• Corporate Relations + Research Partnerships
• Friends of Computer Science
• Texas Robotics and Systems Consortia
• Department Events
Friends of Computer Science

- 45+ corporate partners including Microsoft, Google, Facebook, Apple, and Amazon. Full list here: https://www.cs.utexas.edu/industry/focs/partners
- Recruiting events for internship or full-time opportunities
- Events: FoCS Career Brunch, Career Night, TGIF, tech talks, info sessions, atrium tabling
- UTCS Events Calendar: https://apps.cs.utexas.edu/calendar/
- Promotion: digital signs, newsletter, email invites, flyers
CNS Career Service

• CNS Recruiting Guidelines:
  https://cns.utexas.edu/career-services/employers/hiring-and-offer-guidelines

• Handshake job board is open to all UT students. Register here:
  https://utcns.joinhandshake.com/login

• CNS Technology and Science Fair - September 19. More info here:
  https://cns.utexas.edu/career-services/students/attend-career-fairs

• UTCS Recruiting Policy (RSVP, best practices, reneging)
Contacts

- Lainey Corliss | lcorliss@utexas.edu | 512.232.7409
  Corporate relations, research partnerships, Texas Robotics and Systems Symposia
- Ana Lozano | alozano@cs.utexas.edu | 512.471.9797
  Friends of Computer Science partners, corporate relations
- Hope Grossman | hope@cs.utexas.edu | 512.232.0796
  FoCS events, event questions
- Staci Norman | srn@utexas.edu | 512.471.9753
  Marketing questions
- CNS Career Services | career.services@austin.utexas.edu | 512.471.6700
  Recruiting questions, career coaching, offer review, recruiter issues