

Scope of Care

The Counseling and Mental Health Center (CMHC) is dedicated to supporting the psychological well-being and growth of all UT students. CMHC provides outpatient, short-term, goal-oriented therapy to help students address a range of mental health concerns and developmental challenges. These services support students' academic success, personal development and overall university experience.

This Scope of Care provides a general overview of services offered by CMHC. For all students seeking services, individual student needs are assessed on a case-by-case basis. Clinical decisions are made in the student's best interest, taking into account available resources and CMHC's mission. Students are encouraged to contact CMHC to discuss their needs and explore available options.

Core Services

- **Individual Counseling**
Short-term, goal-oriented therapy to address concerns such as:
 - Academic concerns including motivation, procrastination, test anxiety, etc.
 - Anxiety
 - Depression and other mood disorders
 - Stress management and adjustment concerns including academic, personal, etc.
 - Relationship difficulties, including romantic, familial, peer, etc.
 - Identity concerns
 - Grief and loss
 - Trauma, with a focus on stabilization and referral
 - Body image and eating concerns, with a focus on stabilization and referral
 - Substance use concerns, with a focus on stabilization and referral
- **Group Counseling**
Facilitated groups focused on specific themes or diagnoses that provide a supportive environment for shared experiences and skill development, such as anxiety management, interpersonal skills, grief support, etc.
- **Crisis Intervention**
Immediate support and assessments for students experiencing acute mental health crises, including:
 - Worsening depression
 - Suicidal or homicidal ideation
 - Severe panic attacks
 - Symptoms of mania or psychosis
 - Situational crises that significantly impact functioning
- **Psychiatric Services**
Psychiatric evaluation and medication management treatment
- **Clinical Case Management**
Support connecting students with appropriate on- and off-campus resources

Services Generally Outside the Scope of Care

While CMHC strives to meet the diverse needs of our student population, the following typically fall outside the scope of care.

- **Long-term, open-ended individual therapy:** Students requiring ongoing therapy are typically referred to community providers.
- **Primary treatment for severe or chronic mental illness requiring intensive care,** including conditions that necessitate a higher level of care, such as inpatient treatment or intensive outpatient programs.
- **Court-mandated evaluations or treatment:** CMHC does not provide services to satisfy legal or mandated requirements.
- **Forensic evaluations:** Psychological assessments for legal or mandated purposes are outside our scope.
- **Letters of support:** CMHC does not provide letters of support to professors, property managers or other non-clinical entities nor letters recommending emotional support animals.
- **Treatment for severe eating disorders requiring medical stabilization:** CMHC provides initial assessments, support and referral. Students requiring intensive or long-term eating disorder treatment are referred to specialized programs.
- **Substance use treatment beyond initial assessments and brief interventions:** Students requiring intensive or long-term substance use treatment are referred to specialized programs.
- **Services primarily focused on academic advising, career counseling or disability services:** Students with these needs are referred to the appropriate university departments.
- **The following psychiatric services:** CMHC psychiatrists do not prescribe, provide or administer intramuscular (IM) or intravenous (IV) medications, Ketamine, Buprenorphine, opiate replacement, benzodiazepines, electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) or stimulants for ADHD without psychological testing within the past three years.

This list is not exhaustive. If you have questions about a specific service, please contact CMHC at 512-471-3515 to discuss your needs and explore available options

Important Considerations:

- **Short-Term Model:** CMHC primarily operates on a short-term counseling model, typically lasting a limited number of sessions during a semester. The focus is on addressing immediate concerns and developing coping strategies.
- **Assessments and Referrals:** CMHC clinicians conduct thorough initial assessments to understand students' needs and determine the most appropriate level and type of care. Referrals are a routine and important part of our services.
- **Ethical and Legal Guidelines:** All CMHC services are provided in accordance with ethical and legal guidelines, including practicing within our scope of care outlined here.
- **Crisis Services:** While CMHC provides crisis intervention during business hours, students experiencing after-hours emergencies should utilize the 24/7 crisis line at 512-471-2255, call or text 988 for thoughts of suicide or emotional distress or 911 for life-threatening emergencies.