

STUDENT RESOURCE GUIDE

COMPILED BY THE iSCHOOL'S DIVERSITY & INCLUSION COMMITTEE | LAST UPDATED DEC 2020

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This document provides a list of resources that students have access to as members of the iSchool and UT community.

FINANCIAL RESOURCES

- [Student Emergency Services](#) : Students can [apply for funding](#) if they experience an emergency (including situations related to COVID-19). You must apply for this grant fund through the application on the page. Students must currently be enrolled and funds are limited to \$300.
- [UT Financial Aid](#) : Offers limited [short-term emergency loans](#), which must be repaid within 30 days and are limited to \$500.
- [UT Services for Students with Disabilities](#) : This office has [an extensive list of scholarships and grants](#) available to students with disabilities.
- [International Student and Scholar Services \(ISSS\)](#) : Provides a [list of scholarships](#) available to international students at UT Austin. Each scholarship has its own requirements and application process.
- [Voices Against Violence](#) : A [Survivor's Emergency Fund](#) is available and can cover expenses for survivors that include safety related needs, medical care, rent, childcare, etc.
- [Gender & Sexuality Center](#) : Students can email gsc@austin.texas.edu for information about the [Crisis Fund](#).

WELLNESS AND SUPPORT RESOURCES

- [Services For Students With Disabilities](#) : Supports students with disabilities and helps them get the resources they need to be successful at UT.
- [Gender and Sexuality Center](#) : There are community and activist [groups](#) and [resources](#) available.
- [UT Outpost](#) : Addresses food insecurity on campus by assisting students with food related needs. Students can fill out a form and arrange for a contactless pickup. They also have a career closet so that every student has access to professional clothing for interviews and career fairs.

MENTAL HEALTH RESOURCES

- **UT Counseling and Mental Health Center (CMHC)** : Offers short-term individual counseling, support groups, and case management appointments for students via telehealth (as of fall 2020). You will need to speak to a triage counselor by calling CMHC at **512-471-3515** in order to set up an appointment for individual counseling or case management.
 - **24-hour Crisis Line** : UT Counseling and Mental Health Center (CMHC) runs a 24-hour crisis line available to all UT students at **512-471-CALL (512-471-2255)**.
- **Thrive at UT**: This is a free app for all UT students that is designed to assist in making small changes to their routines to enhance the quality of their lives.
- **UT Employee Assistance Program** : Some students who are employed by the university, as well as all other iSchool community members who are considered University Employees, have access to resources including mental health counseling services, trainings, and group services.
 - M-F, 8-5:30 business hours line (**512-471-3366**)
 - After-hours crisis line (**512-471-3399**)
- **Capital Area Counseling** : Offers low-cost and sliding scale counseling appointments for residents of Austin. CAC also offers group counseling.
- **Waterloo Counseling** : Offers low-cost counseling and “culturally sensitive mental health services to all people, regardless of gender, sexual identity and expression or HIV status.”
- **Deep Eddy Psychotherapy** and **Yellow Chair Counseling** : Both accept the UT health plan.
- **Pondworks Psychiatry and Psychotherapy** : Offers an integrated approach to mental health care needs that may require medication intervention in addition to talk and other therapies. They accept the UT health plan.
- **Integral Care** : Offers support for students who are living with a mental illness, substance use disorder or disabilities. They offer services such as a 24-hour helpline, counseling and drug and alcohol treatment.
- **UT Student Emergency Services** : Offers crisis support at **512-471-5017**, as well outreach, advocacy, intervention, financial and emotional support, and referrals to relevant campus and community resources.

PHYSICAL HEALTH RESOURCES

- [UT Health Austin](#) : This resource is great and significantly more affordable and accessible than some of the other referrals that students receive from UHS.
- [UT Nurse Advice Line](#) : Call 512-475-6877 for advice on how to schedule an appointment or forensic exam related to sexual assault, care for an illness or injury, or for guidance about when to see a healthcare provider.
- [University Ombuds Office](#) : This office listens to concerns in a safe, confidential setting, offers referrals, and helps identify options. Students can call for confidential help at 512-471-3825.
- [SAFE Alliance Hotline](#) : Call 512-267-7223 (available 24/7) for access to a free sexual assault forensic exam to collect evidence in addition to a physical exam.
- [Kind Clinic](#) and [Ashwell](#) : Both offer sexual health services to all, including HIV testing and gender care for no cost. Ashwell also offers wellness visits, vaccinations and case management.
- [FreeClinics.com](#) : Lists free and low-cost healthcare options in the Austin area.

REPORTING RESOURCES

- [UT's Office for Inclusion and Equity](#) : Investigates incidences related to discrimination and misconduct.
- [Behavioral Concerns and COVID-19 Advice Line \(BCCAL\)](#) : Report concerns about community members.
- [UT's Title IX Office](#) : Receives reports about sex-based discrimination, including sexual assault, pregnancy discrimination, and gender-based harassment.

ACADEMIC RESOURCES

- [Sanger Learning Center](#) : Offers learning specialist consultations, TA support, and public speaking guidance.
- [University Writing Center](#) : Students can schedule writing appointments, join a writing group, or attend a workshop or writing retreat.
- [iSchool Career Development Office](#) : Offers year-round programming and advising to help iSchoolers successfully secure internships and jobs.
- [UT Libraries](#) : Offers a wealth of resources, and the iSchool has a [library liaison](#).
- [International Student and Scholar Services \(ISSS\)](#) : Provides services to international students, including employment assistance and immigration information.