Letter from the Wellness Network Chair

On behalf of The University of Texas at Austin, congratulations on joining the Longhorn community! Your studies are an exciting opportunity to develop your academic interests, form new social connections, and explore the university campus and city of Austin. A vital component of a high-quality student experience is health. The significant time demands of school can make it difficult to prioritize one’s health, and while UT has a tremendous amount of resources, familiarizing yourself with the resources most relevant to you can be a challenge. Therefore, we have created this guide to describe resources and tips you can access to be safe, active, and healthy during your time at The University of Texas at Austin.

We are thankful to all our campus partners who are committed to building a culture of wellness here at UT, where all students can achieve their optimum health in order to succeed academically and personally. In order to support the achievement of this goal, all of the departments listed in this guide are taking action to create programs, policies, and healthy options to improve the wellbeing of students.

We encourage you to use the resources in this guide to stay safe, be healthy, and have a rewarding experience at The University of Texas at Austin.

Hook’ em!

Susan Hochman
Wellness Network Chair
Counseling and Mental Health

Introduction

CMHC is committed to serving UT's diverse campus community by providing counseling, psychiatric consultation, and prevention services that facilitate students' academic and life goals and enhance their personal growth and wellbeing.

CMHC Services

Scheduling an Appointment, Confidentiality, and Charges
Call 512-471-3515 or walk in between the hours of 8 am and 5 pm (Monday-Friday) to discuss options. When scheduling the first appointment, one of the Brief Assessment and Referral Team (BART) counselors will talk with the student about current concerns and the variety of treatment possibilities that might be helpful, including CMHC services, other UT services, or off campus services. If personal concerns require longer-term care than CMHC is able to provide, the BART counselor will suggest other referral options in the Austin area.

Contact with CMHC is confidential and is not part of a student's academic record. CMHC protects student records within the limits of both federal and state laws. (For more information, click “Confidentiality” at cmhc.utexas.edu, which contains a link to the Privacy Practices Notice). If you would like to have your records released to another party, you must follow certain procedures available at CMHC.

There is a charge for UT students for each individual, psychiatric, and couples counseling appointment.

Individual Counseling
CMHC provides individual counseling services. A counselor will work with the student to define counseling goals and assess how they can best be accomplished.

Crisis Line
The Crisis Line is a confidential service of CMHC that offers an opportunity for UT Austin students to talk with counselors about their crisis concerns. Counselors are available 24 hours a day, 7 days a week. 512-471-2255

Group Counseling
CMHC conducts one of the nation's largest group counseling programs on a university campus. Groups are offered on a wide variety of topics that reflect the needs of students. Group counseling is free.

Psychiatric Services
Appointments with a CMHC psychiatrist are available upon referral from a counselor, therapist, physician, or other medical provider. You may call 512-471-3515, option 3 to start that process. To transfer the prescribing of your psychiatric medications to a UT physician, call 512-471-3515, option 3 to make that request.

Integrated Health: A Collaboration with University Health Services (UHS)
Created to assist students in optimizing all aspects of their health and wellness, Integrated Health emphasizes a broad definition of health and uses interventions grounded in mind-body medicine, an approach that recognizes and respects the interactions among the mind, body, and behavior. Services include:
- Consultation with students and providers to address students’ health goals
- Brief individual counseling at UHS upon referral by healthcare provider
- Integrated Health classes: Optimizing Your Potential, Mindfulness Based Cognitive Therapy for Depression Management, and Mindfulness Meditation Group

Mindful Eating Program
The Mindful Eating Program includes the Eating Disorder Assessment and Support Team and collaborative partnerships with campus groups and community resources to increase awareness and improve treatment outcomes for students with disordered eating or body image concerns. To schedule an appointment, call 512-471-3515.

Alcohol and Other Drugs (AOD) Program
The AOD Program accepts referrals from across campus for assessment, support services, and short-term counseling for students with concerns associated with alcohol and other drug use/abuse. This program also assists students in accessing treatment resources off campus. To schedule an appointment, call 512-471-3515.
Prevention and Outreach Programs
CMHC’s programs raise awareness, reduce stigma about mental health concerns, address barriers to academic excellence, and promote overall wellness.

Voices Against Violence (VAV)
VAV has become a nationally recognized leader in the prevention of interpersonal violence on campus and the response to survivors. Services include:

- Individual and group counseling for survivors of relationship violence, sexual violence, and stalking
- Advocacy services for survivors, including assistance navigating various legal, medical, and academic services
- Hosting annual events such as Relationship Violence Prevention Month and Sexual Violence Prevention Month
- Outreach and training for university faculty, staff, and students
- Theatre for Dialogue and Get Sexy, Get Consent interactive theater performances
- Voices Against Violence student organization

Be That One Suicide Prevention Program
The Be That One suicide prevention program engages students, faculty, and staff to take an active role in suicide prevention and mental health promotion, provides focused trainings to campus groups on suicide prevention and intervening with students in distress, and strives to ensure that campus systems, policies, culture, and environment are conducive to students’ mental health.

Mental Health Promotion Program
Designed to help the general student body flourish in both their personal and academic life, the Mental Health Promotion Program focuses on creating lasting positive change in the emotional well-being of students on campus. Students are trained as peer mental health educators through our academic class and the campus community benefits from workshops that focus on learning the skills to improve one’s emotional wellbeing.
Introduction

Attending the University of Texas at Austin offers you opportunities to develop your academic interests and skills while forming new connections with other students and colleagues. However, the rigors of studying combined with adapting to a new college environment and balancing a multitude of responsibilities can create stress that may negatively affect your health and college experience. Any student can feel overwhelmed or worried, and UT has the resources to help students manage stress and address their concerns.

The UT Counseling and Mental Health Center (CMHC), located in the Student Services Building (SSB) on the 5th floor, has a Managing Stress webpage that gives practical tips on managing stress along with on-campus resources to help students reduce their stress level.

Stress Management Tips

- Form Social Connections: Whether it is participating in a student group, volunteering, or talking with friends, spend some time each day with others in an enjoyable environment.
- Be Active: Exercise is a terrific way to prevent and reduce stress while giving students more energy throughout the day.
- Do Your Best to Maintain Healthy Habits: We know that the reality of school can involve late-night papers and long study sessions. Getting adequate amounts of sleep and eating a balanced diet throughout the semester reduces fatigue and puts students in a better position to deal with the stress and demands of studies.
- Get Help: If a student is having difficulty managing stress, UT has confidential counseling services to help. The UT CMHC can be reached at 512-471-3515.
- Check out the free Thrive at UT iPhone app to enhance student wellbeing and success.

Resources

MindBody Lab (SSB, 5th floor)
The MindBody Lab is a self-paced environment designed to help UT students explore various audio and video resources for improving their emotional and physical health and addressing stress. You can do self-guided exercises such as muscle relaxation or meditation.

Groups and Classes
CMHC classes and groups help students learn techniques to reduce stress and improve lifestyle balance. Currently available groups are listed on CMHC’s website.

Thrive at UT App
Thrive at UT is a free iPhone app created specifically for UT Austin students to enhance wellbeing and better manage the ups and downs of college life.
Sleep

Introduction

Receiving an adequate amount of quality sleep is an important part of staying healthy and performing well academically. Sleep provides a time for your body to repair itself, including building neurological connections within the brain, which form memories and improve learning. The following section outlines some tips and resources that you should use in order to attain the adequate amount of quality sleep needed to feel well-rested every day.

Sleep Tips

- **Keep a regular schedule:** As much as possible, keep a regular schedule for bedtime and waking up. Especially on weekends when the urge is to stay up late at night and sleep in each morning, keeping bedtime and wake time consistently within one or two hours each day helps keep the body on a regular sleep schedule.

- **Establish a bedtime routine:** Doing the same thing every night before bed lets the body know that it is time to slow down and relax. Drink a cup of herbal tea, wash your face, brush your teeth, or do a "brain dump" by jotting down a list of worries or things that may keep you awake.

- **Create an ideal sleep environment:** Make the sleep environment dark, cool, comfortable, and quiet, which will help cue the body to sleep. Try an eye mask, ear plugs, or a small fan to optimize the sleeping environment.

- **Bed is for sleep and sex only:** Cue the body to sleep by avoiding studying, watching TV, and using other technology in bed.

- **Avoid or minimize use of stimulants and depressants:** Caffeine, energy drinks, nicotine, alcohol, and sugar can all interfere with the body’s ability to fall and stay asleep.

- **Refrain from eating too late at night:** The stomach takes about three hours to empty itself, so it is recommended to wait at least this amount of time before laying down or sleeping to prevent acid indigestion and difficulty sleeping.

- **Take naps when needed:** Keep naps short at around 20-30 minutes to avoid feeling groggy upon waking up. The ideal time to take a nap is in the early afternoon in order to feel refreshed without interfering with nighttime sleep.

Resources

**University Health Services**  
Students with sleep difficulties who want to schedule an appointment with a physician can do so at University Health Services (UHS).  
512-471-4955

**Office of Health Promotion**  
Located on the first floor of the Student Services Building (SSB 1.106), the Office of Health Promotion helps UT students get and stay healthy with a variety of resources and programs. Students can pick up a free sleep kit (depending on availability), a Healthyhorns Nap Map of the best places to nap on campus, and books and other materials about improving sleep from the Lending Library.  
512-475-8252
Healthcare Services

Introduction

UT’s University Health Services offers high-quality, affordable, on-campus healthcare services for UT students and is consistently ranked among the top U.S. college health services (Princeton Review). Undergraduate, graduate, and doctoral students are eligible to use UHS. Preventative services including flu shots are offered to keep you healthy and feeling well.

Services Provided by UHS

<table>
<thead>
<tr>
<th>Clinic Area</th>
<th>Services</th>
<th>Hours</th>
</tr>
</thead>
</table>
| General Medicine 512-471-4955      | • Evaluation and treatment of illness and minor injuries  
• Physical exams  
• Minor surgical procedures (e.g. wart removal)  
• Chronic disease management (e.g. asthma, diabetes, hypertension)  
• Assistance with prescription medications  
• Testing and treatment for sexually transmitted infections  
• Coordinate treatment for stress, anxiety, and depression  
• Coordinate treatment for eating disorders                                                                                             | Monday-Friday, 8 am-5 pm  
Wednesday closed 12-1:30 pm                                               |
| Urgent Care 512-475-6877 (Nurse Advice Line) | Treatment of urgent, but not emergency, injuries such as:  
• Allergic reactions  
• Wound care and stitches  
• Asthma not controlled by medicine  
• Persistent vomiting and/or diarrhea  
• Sprains, strains, and bone fractures  
• Migraine headaches  
• Eye injuries                                                                                                                               | Monday- Friday, 8 am-5:30 pm  
NOTE: Hours change during semester breaks, summer sessions, and some UT holidays.                                                      |
| Nurse Advice Line 512-475-6877     | • Receive advice from nurses about whether and how soon you need to be evaluated by a healthcare provider and self-care advice, when appropriate                                                                 | 24 hours a day, every day                                            |
| Allergy Shots and Immunizations 512-475-8301 | • Allergy shot administration  
• Tuberculosis testing  
• Immunizations                                                                                                                             | Monday-Friday, 8 am-5 pm  
Wednesday, closed 12-1:30 pm                                                 |
| Women’s Health 512-471-4955        | • Annual women’s health exams  
• Contraception advice and prescription  
• Sexually transmitted infection testing and treatment  
• Vaginal and urinary tract infection treatment                                                                                         | Monday-Friday, 8 am-5 pm  
Wednesday, closed 12-1:30 pm                                                 |
| Sports Medicine 512-471-4955       | • Treatment of musculoskeletal injuries  
• Sports program physicals                                                                                                                  | Monday-Friday, 8 am-5 pm  
Wednesday, closed 12-1:30 pm                                                 |
| Travel Medicine 512-475-8301       | • Anti-malarial medication prescriptions  
• Immunizations  
• Online information about risks and precautions based on country of travel                                                            | By appointment                                                       |
| Physical Therapy* 512-475-8444     | • Evaluation and treatment planning  
• Manual therapy  
• Therapeutic and rehabilitative exercises  
• Therapeutic modalities such as heat, cold, electrical stimulation, and ultrasound                                                            | Monday-Friday, 7 am-6 pm  
1st Wednesday, closed 1-2 pm                                                  |
| Nutrition Services 512-475-8242    | • Personalized plans to meet patients’ nutrition needs and dietary preferences, including those with illnesses impacting diet (e.g. diabetes, heart disease)  
• Part of treatment team for eating disorders  
• Weight management (interest in gaining or losing weight)                                                                               | By appointment                                                       |
| Radiology* 512-475-8277            | • Diagnostic x-rays and ultrasound exams                                                                                                                                                              | Monday-Friday, 8 am-5 pm                                             |
| Laboratory* 512-475-8247           | • Diagnostic lab tests                                                                                                                                                                                 | Monday-Friday, 8 am-5:30 pm                                          |

* Referrals and tests must be ordered by a healthcare provider. Both UHS and non-UHS healthcare providers can provide referrals to physical therapy services and order lab and radiological tests and ultrasound exams. Go to the respective web address in the table above for fax numbers for non-UHS healthcare providers.
Where to Go After Hours for Immediate Medical Attention

When the UHS Urgent Care clinic is closed, students may choose to visit a local urgent care facility for illnesses or injuries that are not true emergencies (life- or limb-threatening) but which require medical attention before UHS next opens. Visits to these facilities are at the patient’s expense, and costs may vary based on private health insurance coverage. Urgent care facilities can save you time and money for medical concerns that are not true emergencies compared to hospital emergency department visits. If you can, find out in advance if the facility is an urgent care facility or is a small, self-contained emergency facility. Charges at the latter may be higher.

For non-emergencies, the UHS Nurse Advice Line 512-475-6877 (NURS) can be called at any time for self-care advice or help in determining if you need to go to an urgent care or emergency facility.

Services Not Provided by UHS

- Emergency services – For medical emergencies, call 911, or visit an emergency department or urgent care clinic.
- Vision services for contacts or glasses
- Dental services
- Specialty services beyond the scope of care at UHS – If a student requires evaluation and/or treatment by a medical specialist (e.g. obstetrics, oncology, surgery, cardiology) or requires diagnostic testing that falls outside of the UHS scope of care, UHS healthcare providers will provide a referral to those specialty services.

Insurance and Charges

Although students do not need to have insurance to be seen at UHS, it is strongly recommended that all students have insurance. A discounted rate is available to students who don't have health insurance, who are covered by Medicaid or Medicare, or are otherwise underinsured. If you have insurance but don't want to file a claim for your visit, you are eligible for the discounted rate but must pay in full before close of business on the day of your visit. Students may require medical care when UHS is closed or they are not in Austin, or they might require hospitalization or need services beyond the scope of those provided at UHS. Find information regarding the coverage and cost of the optional UT Student Health Insurance Plan, whether UHS is “in-network” with your insurance plan, paying UHS bills, and other information regarding UHS charges and how UHS works with insurance at the UHS Charges and Insurances page. Note that UHS accepts UT Select, the UT employee health insurance plan.

International Students

International students with questions about insurance should first call the International Office at 512-471-2477 or email insuranceadvisor@austin.utexas.edu.
Appointments

Scheduling
With the exception of urgent situations, an appointment is required. To schedule an appointment, you can either go online to healthyhorns.utexas.edu or call one of the following numbers:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical care for illness or injury</td>
<td>512-471-4955</td>
</tr>
<tr>
<td>Physical exams</td>
<td></td>
</tr>
<tr>
<td>Travel health services</td>
<td>512-475-8301</td>
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<tr>
<td>Immunizations and tuberculosis testing</td>
<td></td>
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<tr>
<td>Allergy shot administration</td>
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<tr>
<td>Physical Therapy</td>
<td>512-475-8444</td>
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<tr>
<td>Nutrition services</td>
<td>512-475-8010</td>
</tr>
<tr>
<td>Women’s Health appointments</td>
<td>512-475-8242</td>
</tr>
</tbody>
</table>

Medical and Insurance Forms
Prior to your first appointment at UHS, go to "MyUHS" from the Healthyhorns webpage and complete your insurance information (if you’re insured) and medical history, then read and acknowledge a Treatment Agreement, Notice of Privacy Practices, and UHS Charges Policy. Bring a photo ID and insurance card, if you have insurance, to your appointments.

Cancellations
To avoid a $25 missed appointment fee, cancel or reschedule an appointment you will need to miss at least two hours in advance of the appointment time (24 hours in advance for physical therapy or nutrition services). To cancel, call 512-475-8265 or go to "MyUHS". To reschedule, call 512-471-4955.

Resources

University Health Services
512-471-4955

Nurse Advice Line
512-475-6877

Office of Health Promotion
The UHS Office of Health Promotion office helps UT students get and stay healthy through a variety of resources and methods. They address priority health issues on campus, including but not limited to, the following: healthy sexuality, nutrition, body image, physical activity, hydration, prescription drug abuse, sleep, and high-risk drinking.

- Healthyhorns Nap Map and Sleep Promotion Initiative
- Healthyhorns Play Safe
- Know Your Line
- Healthyhorns Study Natural
- Healthyhorns Peer Educators
Body Image

Introduction

Having a positive body image is empowering and important for a student's social confidence and ability to engage in exercise and nutrition in a healthy and well balanced way. Developing a positive body image can be impeded by preoccupation with achieving “beauty ideals” promoted by the media, through negative self-talk, and negative talk among peers about physical appearance. Body image issues affect people of all gender identities and expressions, ages, races, and classes. There are resources on campus to help if you are experiencing body dissatisfaction, disordered eating, and eating disorders.

Positive Body Image Tips

- **Recognize eating disorder signs:** While a student may make dietary changes to achieve health and body weight goals, there are red flags that indicate that a person may be developing an eating disorder and exhibiting unhealthy thoughts and behaviors that are contributing to body image concerns. This quiz can help you determine if you or a friend may be at risk.

- **Help exists, use it:** If you or a friend is at risk for an eating disorder or struggling with body image concerns, seek support. The psychological and physical toll of eating disorders poses a major, and in some cases, life-threatening risk to a person's health. CMHC's mindful eating services offer support for students. This can be in the form of an initial assessment, helping students connect with community referrals, short-term and time-limited individual or group therapy, nutritional support and guidance, and medical monitoring.

- **No room for negativity:** Negative thoughts happen, but they do not need to ruin your self-esteem. Replace these thoughts with positive thoughts about your abilities and the great things you are accomplishing and plan to accomplish. You wouldn't put down a person that you love, so why would you speak to yourself that way?

- **Food is an asset not an adversary:** Food is essential for life and plays a critical role in brain functioning, maintaining energy levels for physical activity, and the health of all your vital organs. Eating a nutritious diet will help you perform at your best whether it is the classroom, staying active, or being able to enjoy time with others. Depriving yourself of the food your body needs restricts your health and quality of life.

- **Science-based nutrition and exercise advice:** The internet and media are full of exercise and diet advice that can be inaccurate, ineffective, or even harmful to your health. If you have certain fitness goals that you want to achieve, speak with your doctor then consult with UHS Nutrition Services, RecSports, or the Fitness Institute of Texas to develop a personalized plan to safely achieve your goals.

Resources

**University Health Services**
UHS provides integrated medical care, which includes helping students with body image concerns and treating patients with eating disorders or those exhibiting disordered eating behaviors.
512-471-4955

**Mindful Eating**
A program for students dealing with food, weight, and body image concerns. The program's focus is to provide a thorough assessment and give you clear feedback so you can get the help you need.
512-471-3515

**The Body Project at UT**
A program to help women ages 17-30 increase body satisfaction and reduce eating problems.
512-232-2334
Physical Activity

Introduction

Engaging in physical activity enriches your college experience by increasing energy levels, reducing stress, and improving your mood. Also, physical activity is a terrific way to form social connections with peers. Physical activity can also assist in the prevention of chronic disease, such as diabetes and cardiovascular disease, as well as reducing symptoms associated with anxiety and depression.

Physical Activity Tips

- **Break up your sitting**: Every hour take five minutes to get up, stretch, and walk around. It will make it easier to focus on your work when you get back, increase energy, and improve posture.
- **Get outside and explore**: Whether it is a walk around campus, a run around Town Lake, or pick-up soccer at Zilker Park, UT and Austin offer tremendously beautiful places to be active. Some of the best places to explore with a run or walk can be found at local trails and hiking areas, and RecSports offers outdoor adventure programs such as rock climbing and kayaking.
- **Be active with others**: From Intramural and Club sports to TeXercise and Cycling classes, yoga or group training, students can exercise with friends and meet new people. Search the Get Active, Get Involved Guide and Hornslink to find clubs with a sports or physical activity focus.
- **Familiarize yourself with campus resources**: RecSports operates eight facilities on campus including Gregory Gym, the Recreational Sports Center, Caven Clark Field, and more! RecSports offers a “Try Before You Buy” week at the beginning of each semester so students can test drive any classes that may be of interest for free.
- **Have fun while reaching goals**: Interested in taking on a new physical activity like horseback riding or swimming? Or maybe you want to improve an activity you already enjoy, like dancing or martial arts? RecSports has recreational and exercise classes and the Department of Kinesiology and Health Education offers classes in a wide variety of activities from weight lifting to tennis. UT also offers a range of informal classes to help students explore physical activity options of interest. If a student can’t find the activity they are looking for on campus, Austin has many fitness businesses to check out.

- **Schedule time for physical activity**: Pick specific days or times and put them on your calendar. This helps you make sure that you are able to find the times to be active that work best for you. Any movement is better than none, so walking to campus, getting off the bus early, or taking the stairs are all helpful steps towards a better health.
- **Build your bucket list**: Viewing Austin from Mount Bonnell or kayaking on Town Lake are a couple of students’ favorite ways to feel good and make the most of their time in Austin.

Resources

**UT RecSports**
RecSports is composed of Intramural Sports, Fitness/Wellness, Outdoor Recreation, Sport Clubs, the Instructional Program, and Informal Recreation. Facilities managed by RecSports include over 500,000 square feet of indoor and 40 acres of outdoor space.

512-471-3116

**Fitness Institute of Texas (FIT)**
The mission of FIT is to enhance the quality of lives through research, service, training, and educational programs in physical activity, nutrition, and behavioral health. You can sign up for fitness or body composition testing in a state of the art research facility or join Get Fit!, a supervised exercise and weight loss program that has both a nutrition and physical activity component.

**Department of Kinesiology and Health Education (KHE)**
KHE offers a wide variety of physical activity classes. Classes range from ballroom dancing to martial arts, weight lifting to aerobic walking. Activity areas are supervised and taught by acknowledged leaders in their respective fields.
Introduction

Proper nutrition is vital for students to not only achieve physical wellness, but to also maintain energy levels and perform well academically. Faced with a demanding course schedule, it can be challenging to plan and prepare meals and snacks and choose more nutritious options when eating out. However, the tips and resources in this section can help students consume nutritious, balanced meals and snacks to optimize their health.

Nutrition Tips

- **Eat breakfast every day:** Breakfast increases your energy level and provides your body the nutrients it needs to boost concentration. Make breakfast an essential part of your morning routine by including protein, fiber-rich carbohydrates, and a healthy fat source within two hours of waking.
- **Pack snacks to fuel your body and satisfy your hunger in between meals:** Snacks are not a replacement for meals, but instead provide important nutrients and energy throughout the day. They also may help prevent you from overeating at meals. Toss easy and tasty foods into your bag like fruit (bananas, apples, grapes, oranges), cut up veggies (broccoli, baby carrots, celery, and sweet peppers), and protein sources (hard boiled eggs, hummus, string cheese, or nuts).
- **Bring a water bottle and refill it throughout the day:** Water helps transport the nutrients you receive from food throughout the body. About 60% of the body is composed of water, therefore dehydration can have negative effects, ranging from fatigue to muscle cramps, and dry skin to headaches. Heat, exercise, caffeine, certain medications, and illness further increase your hydration needs beyond the minimum 64 ounces (8 cups) of fluid a day. To stay hydrated, use the free water fountains and bottle refilling stations throughout campus and drink a large glass of water with each meal.
- **Dining out:** It’s important to think about making healthier choices when dining out, as many restaurants offer large portions and calorically heavy menu choices. Start off by choosing water, unsweetened tea, and other drinks without added sugars to have with your meal. Most restaurants make their menus available online or have nutrition information printed on their menus. Choose items that are lower in calories, saturated fat, and sodium. Finally, don’t worry about joining the “clean plate club.” Since most restaurants offer big portion sizes, take some of your meal home in a container and refrigerate so that you can enjoy it for another meal.
- **Grocery shopping:** By developing a weekly menu and grocery list before heading to the store, you can make healthier decisions and save money. Before making a grocery list, plan out the meals you want to make for the week, so you can buy only the items you need. Don’t forget to include foods like fruits, vegetables, and dairy products that might not be part of a meal, but can be used for healthy snacking. Remember to eat before you shop to eliminate impulse purchases at the store.
- **Cook a variety of meals:** Eating healthy does not need to be a strain on your time or budget. Advice from the US Department of Agriculture’s MyPlate® and even the Food Network show you how to create tasty and affordable meals. Try cooking multiple items at once and storing them to eat throughout the week. For example, you can bake multiple chicken breasts at once, make a large pot of brown rice, or prepare a large salad and use the items for multiple different meals throughout the week. Cooking in bulk will save you time from having to cook a new meal from scratch each day. Check out this guide for stocking a small refrigerator with affordable, tasty, and nutritious items.
- **Be aware of portion sizes:** Some packaged foods are portioned in a way that can provide more calories than you realize. This can add up quickly and don’t provide any extra benefit in fueling your body. Check out this guide to portion sizes.
• Balance your plate: Everything you eat and drink matters. The right mix can help you be healthier now and in the future. Focus on making healthy food and beverage choices from all five food groups, including fruits, vegetables, grains, protein foods, and dairy, to get the nutrients you need. Focus on whole fruits, which include fresh, frozen, dried, and canned options. Vary your vegetables, including dark-green vegetables, red and orange vegetables, legumes (beans and peas), starchy vegetables, and other vegetables. Make half your grains whole grains. Choose a variety of lean protein foods from both plant (nuts, beans and peas, seeds, and soy products) and animal sources (seafood, meat, poultry, and eggs). Choose low-fat dairy products.

• Practice safe food handling: Always wash your hands or use hand sanitizer before eating. To prevent food-borne illness, cook meats to the appropriate temperature and always wash fresh fruits and vegetables before consuming.

Resources

University Health Services Nutrition Services
Students with concerns regarding weight management, energy level, eating disorders, vegetarian and vegan diets, sports nutrition, digestion problems, and other nutrition-related concerns can schedule an individual consultation with a Registered Dietitian at UHS. UHS accepts most insurances and is in-network with Blue Cross Blue Shield UT Select. Students without insurance or whose insurance does not cover nutrition services may take advantage of a discount rate. A discounted rate is available to students who don’t have health insurance, who are covered by Medicaid or Medicare, or are otherwise underinsured. If you have insurance but don’t want to file a claim for your visit, you are eligible for the discounted rate but must pay in full before close of business on the day of your visit.
512-475-8242

Division of Housing and Food Service (DHFS) Nutrition Services
Students can schedule a free, basic consultation with the DHFS Registered Dietitian to learn how to make healthy choices in the dining halls on campus or to obtain dining accommodations for medically diagnosed dietary restrictions, including celiac disease, food allergies, and food intolerances. Students seeking a diet analysis or customized diet plan are encouraged to make an appointment with the UHS Registered Dietitian.
512-232-5636
dietitian@austin.utexas.edu

Farm to Work (FTW)
The Sustainable Food Center (a local non-profit) is connecting UT Austin to local farmers to provide fresh, local produce to students, faculty, and staff on a weekly basis through the Farm to Work Program. Purchase a box online for $20, and pick it up on campus at the designated time and location. There is no cost to join, no commitment to order on a regular basis, and there is always a chance to unsubscribe. Learn more about FTW online.
Healthy Sexuality

Introduction

Healthy sexuality encompasses a variety of topics including: contraceptive use, sexually transmitted infection (STI) prevention, sexual orientation, and healthy relationships. Healthy sexuality is an important part of overall health, and its impacts can be far reaching into the student experience. For example, a student in an unhealthy relationship may see impacts on emotional health, physical health, and academic performance. This section provides tips and resources for students who choose to be sexually active, as well as those who do not.

Healthy Sexuality Tips

- **Talk to your partner about what you will and won’t do:** Communication is a key part of any relationship, especially with healthy sexuality.
- **To prevent STIs, use a condom every time:** If a student chooses to have sex, using condoms (male or female) is the most effective form of protection against getting an STI. Learn how to put one on correctly and make sure that you always have a condom available. Students can pick up three free condoms per day at the Office of Health Promotion (SSB 1.106), Gender and Sexuality Center (SAC 2.112), Multicultural Engagement Center (SAC 1.102), and the Center for Students in Recovery (BEL 222).
- **Know your status:** Students should know their status by getting tested regularly and communicate to partner(s) about their respective STI statuses.
- **Guard your goods:** UHS offers the HPV vaccine to prevent certain cancers (cervix, vaginal, and penile cancer) and genital warts caused by the human papillomavirus. General recommendations for who should receive the vaccination include women ages nine through 26, men ages nine through 21, and men who have sex with men through the age of 26.
- **Find a form of contraception that is best for you:** Know about the many forms of contraception available at UHS and talk to your healthcare provider about which would best suit you or your partner’s lifestyle and preferences.

Resources

**University Health Services**
UHS provides confidential STI testing by appointment and information about contraceptive options.
Appointments: 512-471-4955
Nurse Advice Line: 512-475-6877 (NURS)

**Voices Against Violence**
CMHC's Voices Against Violence Program provides counseling, advocacy, safety, planning, outreach, and peer education for issues of sexual assault, relationship violence, and stalking.
Appointments: 512-471-3515
CMHC Crisis Line: 512-471-CALL (2255)

**UT Gender and Sexuality Center**
The UT Gender and Sexuality Center responds to the needs of women and the Lesbian, Gay, Bisexual, Transgender, Questioning, and Ally (LGBTQA) communities through education, outreach, and advocacy.
512-232-1831
Alcohol and Substance Abuse

Introduction

The majority of UT Austin students socialize and have fun without abusing alcohol and drugs. Among students who drink, most drink moderately. The university employs a variety of programs and resources with the aim of preventing alcohol and substance abuse.

Alcohol and Substance Abuse Tips

- **Know Your Line:** By setting drink limits, having a plan to get home safely with friends, and alternating alcoholic drinks with water, students can reduce alcohol-related negative consequences.
- **Study Natural:** 87% of UT students do not misuse “study drugs”, such as Ritalin® or Adderall®. Students feeling pressure about exams and papers have other resources they can turn to, such as the Sanger Learning Center that can help with writing, dissertation work, and studying for exams.
- **Student Amnesty for Alcohol and Drug Emergencies:** Alcohol poisoning can be a fatal medical emergency, and a student who suspects another student is experiencing an alcohol emergency should get help for that student by calling 911. A student who seeks assistance in the event of an alcohol emergency will avoid formal University disciplinary action and the creation of a formal disciplinary record when they call for help. This applies to both the person making the call and the person experiencing the medical emergency. Students should familiarize themselves with the Bacchus maneuver to prevent an unconscious person from choking on their own vomit. UT also recently added a drug provision to the amnesty policy that applies to students on campus who are calling for help or experiencing an emergency related to illegal drug use.
- **Seek Support:** UT offers programs ranging from those that help students moderate their drinking or adopt strategies that protect against harm to sober communities.
- **Clear the Air:** UT is a tobacco-free campus. UT supports students who would like to quit tobacco through cessation programs and Nicotine Replacement Therapy. A listing of these resources is available online.
- The legal drinking age in Texas is 21. Familiarize yourself with the State of Texas alcohol laws and substance use laws.

Resources

**Brief Alcohol Screening and Intervention for College Students (BASICS)**

The BASICS program is a student-centric program that assists students with making informed choices about alcohol to ensure they have personal and academic success at UT. BASICS is an opportunity for students to examine their drinking behavior in a non-judgmental environment and take the lead in a collaborative format to develop strategies that reduce alcohol-related consequences.

512-475-8252

**Alcohol and Other Drugs Counseling Program (UT CMHC)**

Students can confidentially speak with a licensed professional counselor about their own or someone else’s use of alcohol, tobacco, and other drugs.

512-471-3515

**Center for Students in Recovery (CSR)**

The CSR supports UT students recovering from addiction. CSR offers programming, resources, and activities that provide a pathway to both recovery and academic achievement. CSR’s goal is to help students in recovery stay in recovery while enrolled at UT. CSR also welcome students curious about sobriety to explore, experience, and understand recovery at UT.

512-475-6778
Safety

Introduction

Paramount to students achieving academic and personal success at The University of Texas at Austin is their personal safety. UT offers a number of resources and tips to assist you in protecting yourself and your valuables.

Safety Tips

- Avoid walking alone and stay alert when travelling. UTPD has programs such as SURE Walk to help students avoid walking home or on campus alone and emergency phones on campus where students can request assistance. The Be Safe webpage and Personal Safety Tips List contains other personal safety measures students can take.
- If you will be living off campus, check out UTPD's Live Safe Guide for tips on finding an apartment in a safe neighborhood and how to best protect yourself and your residence.
- Mark your property; UTPD suggests that you have your driver's license number engraved in valuable property and has a Make Your Mark Program to help you do this. Also, property can be registered with UTPD by visiting their homepage. If you are using a bike, check out UTPD's how to double lock your bike video.

Sexual Assault and Relationship Violence

The physical and psychological safety of students is of paramount importance at The University of Texas at Austin. Sexual and relationship violence are not and will not be tolerated. This includes: sexual assault, stalking, interpersonal violence, and sexual harassment. Detailed information on available resources, reporting a sexual assault, and University policies can be found on the Title IX webpage. Please visit the Voices Against Violence resource page to learn more about additional resources available. Information about Sexual Assault Forensic Exams (SAFE Exams), including SAFE Exams offered at University Health Services can be found here.

Resources

Behavior Concerns Advice Line (BCAL)
The Behavior Concerns Advice Line provides a central resource to anyone who is concerned about an individual and may not be sure about how best to help them. By calling the advice line or submitting information online campus and community support networks may be accessed, optimizing the chance that individuals will receive needed assistance. Contact BCAL if you are concerned about someone and want to help. 512-232-5050

University of Texas Police Department
512-471-4441; Please note that calling 911 on campus will connect you to UTPD.

Austin Police Department
911 for emergencies, 311 for non-emergencies.
Victim Services: 512-974-5037

SURE Walk
Request an escort when walking on or near campus
512-232-9255

Rape Aggression Defense System (RAD)
Physical self-defense course offered by UTPD
512-232-9611

Hazing
Access the website above for information on hazing and how to submit a report regarding risky behavior, dangerous activities, and activities involving physical or emotional injury, and/or hazing.
512-471-5017

Student Emergency Services
Student Emergency Services, in the Office of the Dean of Students, works with campus and community organizations to provide a number of services to assist students, and in some cases their families and friends, during an emergency or crisis situation. Services include referrals to appropriate campus offices, discrete professor notifications regarding absences, emergency funds, short-term emergency housing accommodations, and providing information regarding course load reductions or full withdrawals.
512-471-5017

Student Conduct and Academic Integrity
To report student-against-student issues and obtaining possible no-contact orders.
512-471-2841
**Legal Services for Students (LSS)**
LSS can provide lawyer referrals or representation. LSS cannot assist in student-against-student issues.
512-471-7796

**BeVocal**
BeVocal is a university-wide initiative to promote the idea that individual Longhorns have the power to prevent high-risk behavior and harm. BeVocal aims to create a community of care where students recognize potentially harmful situations —like high risk drinking, interpersonal violence, or concerning behavior— and choose to respond and act.

**Safe Strides**
Join a UT Police officer to learn about personal safety as you take a brief walk around the campus. In this walking tour of safety, you will learn about hidden hazards, funnel points, what suspicious behavior to look for in other pedestrians, what you can do if you are accosted by another pedestrian or by someone in a car, and many other valuable safety related topics.

**Sexual Assault Forensic Exams (SAFE Exams) at University Health Services**
UT students who have experienced a sexual assault may choose to access a SAFE exam at UHS at no charge. These exams are offered through a partnership with the SAFE Alliance who will complete the exam in the UHS facility during UHS business hours, Monday-Friday 8:00am-5:30pm. Students in need of an exam outside of UHS hours can call the SAFE Alliance to arrange for an exam to take place at Eloise House.
512-267-SAFE (7233)

**SAFE**
The SAFE Alliance is a merger of Austin Children's Shelter and SafePlace, both long-standing and respected human service agencies in Austin serving the survivors of child abuse, sexual assault and exploitation, and domestic violence. SafePlace is an off-campus Austin community resource that offers programs and support for individuals and families affected by sexual and/or domestic violence. This includes SAFE exams, advocacy, and counseling services. SafePlace also conducts education, programmatic, and policy work focused on preventing relationship and sexual violence.
512-267-SAFE (7233)
Other Campus Resources

Multicultural Engagement Center (MEC)
The MEC houses six student-run agencies, provides leadership development opportunities, presents peer-facilitated social justice and education trainings, offers a number of support services to student organizations, and hosts community outreach programs such as culturally relevant campus tours and student panels.
512-232-2958

Services for Students with Disabilities (SSD)
SSD determines eligibility and approves reasonable accommodations for students with disabilities. They also engage in outreach across campus in order to make campus a more inclusive, accessible, and welcoming environment for people with disabilities.
512-471-6259

Find, Start, or Join a Student Organization
Hornslink offers a searchable database of all registered student organizations on campus.
512-471-3065

Leadership and Ethics Institute (LEI)
LEI is a centralized, comprehensive leadership training program for enrolled undergraduate and graduate students studying in any academic college, school, or unit. Coordinated in the Office of the Dean of Students, LEI offers an array of experiential opportunities for students that incorporate both theoretical and practical ethical leadership development.
512-232-5163

Longhorn Center for Civic Engagement
The Longhorn Center for Civic Engagement serves as UT Austin’s central resource for those interested in volunteerism and service-learning throughout the UT and Austin communities.
512-471-6161

HealthyhornsTXT
HealthyhornsTXT is an innovative new text messaging program aimed at supporting the health and academic success of students at UT Austin. Subscribers receive brief, timely information about campus events, physical activity, nutrition, sleep, alcohol risk reduction, stress management, and other general college health tips. Students are also able to enter weekly drawings for a chance to win gift cards. Text HORNS to 99000 to join the HealthyhornsTXT community. Reply STOP at any time to opt out of the program. Message and data rates may apply.

Office of Financial Aid
The mission of the Office of Financial Aid is to provide financial services to help students realize the dream of graduating on time from UT Austin. The Office of Financial Aid administers Bevonomics, a personal money management education program for students.
ask@finaid.utexas.edu

HealthPoint Wellness Program
The HealthPoint Wellness Program is part of Human Resources and is the wellness program for UT Austin faculty and staff. HealthPoint accomplishes their mission through improving policies and the campus environment to make it easier to be healthy on campus. Find out more information on the HealthPoint Wellness site.