

Dit Se:

MENTAL HEALTH & SAFETY FOR THE UT AUSTIN COMMUNITY

DV/SA + Mental Health Resource Guide



About Us

The Mental Health Initiative for South Asians (MHISA) is a student-led nonprofit organization that creates tools, resources, and education on mental health issues in the South Asian-American community.



Asian Family Support Services of Austin (AFSSA) supports survivors of domestic violence & sexual assault with free, confidential services. AFSSA specializes in providing services to Asian clients & communities, but all survivors are welcome.



AFSSA
ASIAN FAMILY
SUPPORT SERVICES
OF AUSTIN

The Guide

This guide was created in collaboration between our 2 organizations for the purpose of outlining available **on-campus** and **local off-campus resources** for **survivors of DV/SA** at the **University of Texas at Austin**.

Although the focus of this guide is on culturally sensitive care for South Asians & South Asian-Americans, **most of the resources listed are available for everyone**, and can be used as such. Organizations offering South Asian-specific services will be **marked with a pink rose insignia** (see below).



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ON-CAMPUS RESOURCES

Sexual/Domestic Violence Resources

Voices Against Violence (VAV)

Call the UT Counseling and Mental Health Center (CMHC) at 512-471-3515. On call, choose option #3 and ask for a VAV appointment.

In-person: Go to CMHC in Student Services Building at 100 West Dean Keeton Street, 5th Floor.

Office is open M-F 8am-5pm. Confidential advocacy, counseling, and group services to UT Austin students impacted by interpersonal violence, dating violence, and stalking.

Confidential Case Manager for Students

Email: advocate@austin.utexas.edu

OR [schedule appointment online](#)

Meet privately with a confidential staff member (NOT a mandatory Title IX reporter) free of charge. Determine the best course of action for your interpersonal violence case.

Behavior Concerns Advice Line (BCAL)

TEXT anonymously: 989-LNG-HORN (989-564-4676)

CALL: 512-232-5050

OR [file report online](#)

Explore available options for the concerning behavior of anyone in the University community. 24/7 support by call/text. Online form submissions reviewed during office hours (M-F, 8am-5pm).



ON-CAMPUS RESOURCES

SANE (Sexual Assault Nurse Examiner) Exams

Hospitals & community-based facilities that provide SANE exams (**free, confidential exams providing trauma-informed care, injury documentation, & DNA collection to support legal action**). The exam can be performed up to 120 hours (5 days) after an assault.

University Health Services (UHS)

Appointments: 512-471-4955

Nurse Advice Line: 512-475-6877

Lab work will be done for free. UHS may report non-identifying information to the university on your appointment, but not a police or Title IX report (will remain anonymous).

Legal & Law Enforcement

Resources for reporting cases of violence and obtaining protective orders.

Title IX Office

CALL: 512-471-0419

EMAIL: titleix@austin.utexas.edu

OR [anonymously report online](#)

Title IX Office will review submitted Formal Complaints and reach out to appropriate parties. Information will be handled in accordance with federal law (FERPA).

UT Police Department (UTPD)

CALL: 512-471-4441, then dial 9

Assists victims in criminal reports and escort services. Pseudonym option available to shield victim's identity in a report.

ON-CAMPUS RESOURCES

General Mental Health Resources

Mental Health Initiative for South Asians (MHISA)

Access a variety of South Asian-specific mental health resources cultivated by UT Austin students for students, including an online resource chatbox, well-developed research, & a digital conversation guide kit.



Counseling and Mental Health Center (CMHC)

Main Line: 512-471-3515

24/7 Crisis Line: 512-471-2255

Main Center: 100 West Dean Keeton, Student Services Building (SSB) 5th Floor

Center in Central Campus : 2201 Speedway, WCP Building Room #1.102

Streamlined, short-term individual counseling sessions with staff who understand the unique concerns of students in the context of their time at UT. Both CMHC addresses are accessible from campus without a car, but CMHC clients also get one hour of free parking in 27th St Garage and/or Speedway Garage if needed.

TimelyCare (through CMHC)

Free, virtual mental health platform for students that provides on-demand emotional support, coaching, counselor-scheduling, & self-care content. Access online (link above).

OFF-CAMPUS RESOURCES

Sexual/Domestic Violence Organizations

[Asian Family Support Services of Austin \(AFSSA\)](#)

24/7 In-language Hotline: 1-877-281-8371

Crisis and safety planning, culturally-relevant case advocacy, medical accompaniment, referrals to emergency shelter, in-language services navigation, peer support and counseling. Located in Austin.



[The SAFE Alliance](#)

24/7 SAFELine: 512-267-SAFE [7233]

Text SAFELine: 737-888-7233

Provides crisis intervention, shelter/housing, counseling, peer support, legal advocacy, SANE Exams (see Eloise House on pg. 7), legal advocacy, supervised visitation (Planet SAFE), & medical accompaniment. Located in Austin.

[HOPE Alliance](#)

24/7 HOPELine: 1-800-460-7233

Provides safety planning, counseling, emergency shelter & housing, medical accompaniment, legal services and advocacy. Located in Williamson County (neighboring Travis County).

[atxbeieves.org](#)

Online resource guide for sexual violence survivors created by the Austin/Travis County Sexual Assault Response and Resource Team.

OFF-CAMPUS RESOURCES

SANE (Sexual Assault Nurse Examiner) Exams

Hospitals & community-based facilities that provide SANE exams (**free, confidential exams providing trauma-informed care, injury documentation, & DNA collection to support legal action**). The exam can be performed up to 120 hours (5 days) after an assault.

[Eloise House \(by SAFE Alliance\)](#)

Call SAFE: 512-267-SAFE [7233]

Must be arranged by appointment.

Dell Children's Hospital - Emergency

**In-person emergency services: 4900
Mueller Blvd, Austin, TX 78723**

For child survivors (up to age 18).

Legal & Law Enforcement

Resources for reporting cases of violence and obtaining protective orders.

[Texas Advocacy Project](#)

CALL: 800-374-HOPE

Free legal services for survivors of DV/SA.

[Texas RioGrande Legal Aid, Inc. \(TRLA\)](#)

CALL: 956-996-8752

Free legal services for survivors of abuse.

[Legal Aid for Survivors of Sexual Assault \(LASSA\)](#)

CALL: 844-303-SAFE (7233)

Free legal education, advice, representation, & other resources for DV/SA survivors.

[Asian Family Support Services of Austin](#)

24/7 In-language Hotline: 1-877-281-8371

Advocates & attorneys provide access to legal resources, and will accompany you to court & other legal agencies.



Austin Police Department

Victim Services: 512-974-5037

File criminal reports.

[Travis County District Attorney](#)

Victim Services: 512-854-9709

Applications for protective orders done online (link above).

OFF-CAMPUS RESOURCES

General Mental Health Resources (ATX)

Inclusive Therapists

Austin-based mental health directory, community, and resource hub. Social justice and liberation-oriented, and committed to collective healing. Option to filter searches by location, modality, insurance, provider identity, cultural knowledge, LGBTQIA+, disability, etc.



Colors of Austin Counseling

Request a counseling appointment [online](#).

Diverse, community-focused collective of therapists offering culturally responsive, trauma-informed care across Texas. Grounded in an understanding of systemic and generational trauma, and centers BIPOC folks, LGBTQIA+ folks, and those with complex identities.



southasiantherapists.org

Directory of South Asian therapists from around the world, searchable by town, zip code, and other filters. (Zip code for general West Campus/North University area: 78705)



NAMI Central Texas

See NAMI's in-depth [Central Texas mental health resource list](#) for more support.

Austin chapter of NAMI (National Alliance on Mental Illness), offers free, high-quality mental health education programs, support groups, and advocacy efforts.