

NAMI Central Texas Local Mental Health Resource Guide | [namicentraltx.org](http://namicentraltx.org) | 512-420-9810

NAME	DESCRIPTION	DATE	LOCATION	CONTACT
<b>Family-to-Family</b> NAMI Central Texas	10-week, peer-led class for families & friends of adults with mental illness. <b>FREE</b> but registration is required	Weekly for 10 weeks	<a href="http://namicentraltx.org">namicentraltx.org</a>	512-420-9810 <a href="mailto:info@namicentraltx.org">info@namicentraltx.org</a>
<b>Basics</b> NAMI Central Texas	6-week, peer-led class for parents of children & teens with mental illness. <b>FREE</b> but registration is required	Weekly for 6 weeks		
<b>Peer-to-Peer</b> NAMI Central Texas	8-week, peer-led class for persons living with mental illness. <b>FREE</b> but registration is required.	Weekly for 8 weeks		
<b>In Our Own Voice</b> NAMI Central Texas	40 or 60 min. public education presentation by trained presenters with mental illness. <b>FREE</b> , must schedule/	See website to schedule		
<b>Parents &amp; Teachers as Allies</b> NAMI Central Texas	1.5 hrs in-service mental health education program for school professionals. <b>FREE</b> , must schedule.			
<b>Ending the Silence</b> NAMI Central Texas	50 min. mental health presentation for middle and high school students. <b>FREE</b> , must schedule.			
<b>Let's Talk</b> NAMI Central Texas	1-hour presentation for parents of teens on starting the mental health conversation & why it matters. <b>FREE</b>	See website for schedule		
<b>Family &amp; Friends</b> NAMI Central Texas	4-hour workshop that informs and supports people who have loved ones with a mental health condition. <b>FREE</b>			
<b>Bridges to Hope</b> NAMI Central Texas	3-hour workshop for leaders in the faith community. <b>FREE</b> but registration is required.			
<b>Mind Matters</b> NAMI Central Texas	Monthly education events featuring variety of mental health topics. Visit website for current month's topic and speaker. <b>FREE</b> , locations may vary.	Monthly	<a href="http://namicentraltx.org/mind-matters">namicentraltx.org/mind-matters</a>	
<b>NAMI Connection Support Group</b> NAMI Central Texas	For individuals living with mental illness. <b>FREE</b> , drop-in.	See website	<a href="http://namicentraltx.org">namicentraltx.org</a>	
<b>Family Support Group</b> NAMI Central Texas	For families & friends of individuals living with mental illness. <b>FREE</b> , drop-in	See website		
<b>Eating Disorder Group</b> Parent/Loved One Support Group	For families and friends of individuals living with an eating disorder	2nd Saturday	Please contact facilitator before attending.	Carolyn Lyndy Dower <a href="mailto:go.recovery08@gmail.com">go.recovery08@gmail.com</a>
<b>Austin Clubhouse</b>	Group recovery program for people with mental health diagnosis offering lunch daily, socializing, & supportive employment opportunities	Mon - Wed Thurs - Fri	610 E 45th St., Austin 78751 <a href="http://austinclubhouse.org">austinclubhouse.org</a>	512-925-5877 <a href="mailto:info@austinclubhouse.org">info@austinclubhouse.org</a>
<b>PLAN of Central TX</b>	Planned Living Assistance Network – care management, peer assistance, counseling	Contact	4110 Guadalupe St. Bldg. 781, Office 410, <a href="http://planctx.org">planctx.org</a>	Debbie Webb 512-851-0901 <a href="mailto:info@planctx.org">info@planctx.org</a>
<b>Austin Area Mental Health Consumers/SHAC</b>	Peer support groups, training, mentoring, & more	Numerous	3205 S 1st St., Austin 78704 <a href="http://austinmhc.org">austinmhc.org</a>	512-442-3366 <a href="mailto:admin@austinmhc.org">admin@austinmhc.org</a>
<b>Communities for Recovery</b>	Dual disorders recovery support group, behavioral education programs, volunteer peer support services, peer recovery coaching	Mon - Fri	Austin State Hospital - Peer Recovery Support Center 4110 Guadalupe St. Bldg. 635, Austin 78751. <a href="http://cforr.org">cforr.org</a>	512-758-7686 <a href="mailto:info@cforr.org">info@cforr.org</a>
<b>Kaleidoscope Counseling</b> (formerly C2 Change)	Mental health services for families in Austin. Individual, family, couples, & group therapy; assessments.	Contact	1705 S Capital of TX Hwy. # 130, Austin 78746 <a href="http://kcatx.org">kcatx.org</a>	512.981.8787 <a href="mailto:info@kcatx.org">info@kcatx.org</a>

<b>Integral Care</b> (formerly ATCIC)	Mental & behavioral healthcare provider for Travis County residents, offering various services	Contact	Multiple in Travis county. <a href="http://integralcare.org">integralcare.org</a>	512-472-4357 (HELP)
<b>Bluebonnet Trails Community Services</b>	Mental healthcare provider for other counties with various locations & services	Contact	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales, & Guadalupe counties. <a href="http://bbtrails.org">bbtrails.org</a>	1-800-841-1255 (Hotline) 1-844-309-6385 (Intake)
<b>Lone Star Circle of Care</b>	Mental healthcare provider with various locations & services	Contact	Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock, & Taylor. <a href="http://lscctx.org">lscctx.org</a>	1-877-800-5722 info@lscctx.org
<b>Seton Behavioral Health</b>	Inpatient, outpatient, & emergency services provider	Contact	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave., Austin TX 78731 <a href="http://seton.net/behavioral-health-care">seton.net/behavioral-health-care</a>	512-324-2039 877-918-2039
<b>APD &amp; TCSO Crisis Intervention Teams</b>	Specially trained officers & professionals who respond to mental health crisis calls	24/7	Austin Police Department and Travis County Sheriff's Office <a href="http://tcssheriff.org/cit">tcssheriff.org/cit</a>	512-854-3450 (APD) 512-854-3445 (TCSO)
<b>Psychiatric Emergency Services</b>	Walk-in psychiatric emergency services clinic	Mon - Fri Sat - Sun	1165 Airport Blvd., Austin 78702. <a href="http://integralcare.org">integralcare.org</a>	512-472-4357 (HELP)
<b>Texas Suicide Prevention</b>	Council of agencies - Texas Suicide Prevention Plan	24/7	<a href="http://texassuicideprevention.org">texassuicideprevention.org</a>	1-800-273-TALK (8255)
<b>Survivors of Suicide</b>	Free peer-led group	1st & 3rd Tuesdays	St David's North Austin Medical Center, 2 <sup>nd</sup> Floor Rm 2C, 12221 N Mopac Expy., Austin 78758 <a href="http://sos-austin.com">sos-austin.com</a>	Linda Davis 512-560-6115
<b>The Christi Center</b>	Staff & peer support groups for loss of a loved one to suicide or overdose. For all ages, Spanish avail.	Contact	2306 Hancock Dr., Austin 78756. <a href="http://christicenter.org">christicenter.org</a>	512-467-2600
<b>Samaritan Center for Counseling</b>	Affordable counseling and telepsychiatry for all ages, military	Mon - Thurs Friday	8956 Research Blvd. Bldg. #2, Austin 78758 <a href="http://samaritan-center.org">samaritan-center.org</a>	512-451-7337
<b>UT Austin Anxiety &amp; Stress Clinic</b>	Sliding scale group and individual cognitive-behavioral therapy for stress and anxiety related disorders.	Contact	UT Institute for Mental Health Research clinics.la.utexas.edu/anxiety-and-stress-clinic	512-471-7694 anxiystressclinic@utexas.edu
<b>New Life Institute</b>	Sliding-scale & walk-in counseling services, by donation.	Contact	607 Rathervue Pl., Austin 78705. <a href="http://newlifetexas.org">newlifetexas.org</a>	512-469-9447 newlifetexas@sbcglobal.net
<b>Lifeworks</b>	Free and affordable services for youth & families including counseling, Housing, Education/Workforce and Youth	Contact	Locations throughout Austin. <a href="http://lifeworksaustin.org">lifeworksaustin.org</a>	512-735-2400 (Main Line)
<b>Borderline Personality Disorder Support Group</b>	For families & friends of people with BPD. A licensed professional moderates all group sessions.	1st Monday	Austin State Hospital: Canteen/Nifty Fifty Diner 4110 Guadalupe St., Austin 78751	Eric Kunish fcaustininfo@gmail.com efkunish@austin.rr.com
<b>Family Connections</b>	12-week course for families of persons with BPD. <b>FREE</b> but registration is required.	Weekly for 12 weeks		
<b>Austin Child Guidance Center</b>	Therapy, & psychiatric services for children with mental health needs. Parent education offered.	Mon - Thurs Friday	810 W 45th St., Austin 78751. <a href="http://austinchildguidance.org">austinchildguidance.org</a>	512-451-2242
<b>DBSA Heart of Texas</b>	Peer-directed support groups for individuals 18 years and older living with depression and/or bipolar disorder	Mondays	Seton Shoal Creek Hospital 3501 Mills Ave., Austin 78731. <a href="http://dbsalliance.org">dbsalliance.org</a>	Robbye Oehlert 512-844-5575 dbsaheartoftexas@yahoo.com
<b>Obsessive-Compulsive Disorder Support Group</b>	Peer-led support group for persons with OCD	2nd & 4th Saturdays	Gethsemane Lutheran Church Ministry House 204 W Wonsley Dr., Austin 78753. <a href="http://austinocdsupport.org">austinocdsupport.org</a>	Tom Somyak 512-799-1876 tom@austinocdsupport.org
<b>Recovery International</b>	Peer-led stress coping support group. Ask for group facilitator, Steven.	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd., Austin 78749. <a href="http://recovery-inc.org">recovery-inc.org</a>	512-686-4844 Recovery171@lowselfhelpsystems.org
<b>ARCIL</b>	Resource Center for Independent Living serving persons with disabilities & their families	Contact	Locations in Austin, Round Rock and San Marcos. <a href="http://arcil.com">arcil.com</a>	512-832-6349 (Austin) 512-828-4624 (Round Rock)
<b>VELA</b>	Info, resources, & support for families of children with special needs	Mon - Fri	Allan Center, 4900 Gonzales St., Austin 78702 <a href="http://velafamilies.org">velafamilies.org</a>	512-850-8281