

NAMI Central Texas Local Mental Health Resource Guide | namicentraltx.org | 512-420-9810

NAME	DESCRIPTION	DATE	LOCATION	CONTACT
Family-to-Family NAMI Central Texas	10-week, peer-led class for families & friends of adults with mental illness. FREE but registration is required	Weekly for 8 weeks	namicentraltx.org	512-420-9810 info@namicentraltx.org
Basics NAMI Central Texas	6-week, peer-led class for parents of children & teens with mental illness. FREE but registration is required	Weekly for 6 weeks		
Peer-to-Peer NAMI Central Texas	8-week, peer-led class for persons living with mental illness. FREE but registration is required.	Weekly for 8 weeks		
In Our Own Voice NAMI Central Texas	40- or 60-min. public education presentation by trained presenters with mental illness. FREE , must schedule/	See website to schedule		
Parents & Teachers as Allies NAMI Central Texas	1.5-hrs in-service mental health education program for school professionals. FREE , must schedule.	See website to request		
Ending the Silence NAMI Central Texas	50-min. mental health presentation for middle and high school students. FREE , must schedule.	See website to request		
Let's Talk NAMI Central Texas	1-hour presentation for parents of teens on starting the mental health conversation & why it matters. FREE	See website to request		
Family & Friends NAMI Central Texas	4-hour workshop that informs and supports people who have loved ones with a mental health condition. FREE	See website		
Bridges to Hope NAMI Central Texas	3-hour workshop for leaders in the faith community. FREE but registration is required.	See website	namicentraltx.org/faith-communities	
Mind Matters NAMI Central Texas	Monthly education events featuring variety of mental health topics. Visit website for current month's topic and speaker. FREE ,	See website	namicentraltx.org/mind-matters	
NAMI Connection Support Group NAMI Central Texas	For individuals living with mental illness. FREE , drop-in.	See website	namicentraltx.org	
Family Support Group NAMI Central Texas	For families & friends of individuals living with mental illness. FREE , drop-in	See website	namicentraltx.org	
Eating Disorder Group Parent/Loved One Support Group	Support Group for families and friends of individuals living with an eating disorder	Bimonthly on 2nd Saturday 10:30-noon	Please contact facilitator before attending. Faith Lutheran Church, 6600 Woodrow Austin, TX 78757	Carolyn Lyndy Dower carolyndy@gmail.com
Austin Clubhouse	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 austinclubhouse.org	512-925-5877 info@austinclubhouse.org
PLAN of Central TX	Planned Living Assistance Network – care management, peer assistance, counseling	Contact for details	4110 Guadalupe St. Bldg. 781, Office 410, planctx.org	Debbie Webb 512-851-0901 info@planctx.org
Austin Area Mental Health Consumers/SHAC	Peer support groups, training, mentoring, & more	Numerous	3205 S 1st St., Austin 78704 austinmhc.org	512-442-3366 admin@austinmhc.org
Communities for Recovery	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. cforr.org	512-758-7686 info@cforr.org
Kaleidoscope Counseling (formerly C2 Change)	Mental health services for families in Austin. Individual, family, couples, & group therapy; assessments.	Contact for details	1705 S Capital of TX Hwy. # 130, Austin 78746 kcatx.org	512.981.8787 info@kcatx.org
Austin Child Guidance Center	Therapy, & psychiatric services for children with mental health needs. Parent education offered.	Mon - Thurs Friday	810 W 45th St., Austin 78751. austinchildguidance.org	512-451-2242

Integral Care (formerly ATCIC)	Mental & behavioral healthcare provider for Travis County residents, offering various services	Contact for details	Multiple in Travis county. integralcare.org	512-472-4357 (HELP)
	Support Group for family members	2nd Monday 2-4pm	1700 S. Lamar Blvd, Small Training Room, Suite 102A, enter from parking lot side of building	
Bluebonnet Trails Community Services	Mental healthcare provider for other counties with various locations & services	Contact for details	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales, & Guadalupe counties. bbtrails.org	1-800-841-1255 (Hotline) 1-844-309-6385 (Intake)
Lone Star Circle of Care	Mental healthcare provider with various locations & services	Contact for details	Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock, & Taylor. lscctx.org	1-877-800-5722 info@lscctx.org
Seton Behavioral Health	Inpatient, outpatient, & emergency services provider	Contact for details	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave., Austin TX 78731 seton.net/behavioral-health-care	512-324-2039 877-918-2039
APD & TCSO Crisis Intervention Teams	Specially trained officers & professionals who respond to mental health crisis calls	24/7	Austin Police Department and Travis County Sheriff's Office tcsheiff.org/cit	512-854-3450 (APD) 512-854-3445 (TCSO)
Psychiatric Emergency Services	Walk-in psychiatric emergency services clinic	Mon - Fri Sat - Sun	1165 Airport Blvd., Austin 78702. integralcare.org	512-472-4357 (HELP)
Texas Suicide Prevention	Council of agencies - Texas Suicide Prevention Plan	24/7	texasuicideprevention.org	1-800-273-TALK (8255)
Survivors of Suicide	Free peer-led group	1st & 3rd Tuesdays	St David's North Austin Medical Center, 2 nd Floor Rm 2C, 12221 N Mopac Expy., Austin 78758 sos-austin.com	Linda Davis 512-560-6115
The Christi Center	Staff & peer support groups for loss of a loved one to suicide or overdose. For all ages, Spanish avail.	Contact for details	2306 Hancock Dr., Austin 78756. christicenter.org	512-467-2600
Samaritan Center for Counseling	Affordable counseling and telepsychiatry for all ages, military	Mon - Thurs Friday	8956 Research Blvd. Bldg. #2, Austin 78758 samaritan-center.org	512-451-7337
UT Austin Anxiety & Stress Clinic	Sliding scale group and individual cognitive-behavioral therapy for stress and anxiety related disorders.	Contact for details	UT Institute for Mental Health Research clinics.la.utexas.edu/anxiety-and-stress-clinic	512-471-7694 anxietystressclinic@utexas.edu
New Life Institute	Sliding scale & walk-in counseling services, by donation.	Contact for details	607 Rathervue Pl., Austin 78705. newlifetexas.org	512-469-9447 newlifetexas@sbcglobal.net
Lifeworks	Free and affordable services for youth & families including counseling, Housing, Education/Workforce and Youth	Contact for details	Locations throughout Austin. lifeworksaustin.org	512-735-2400 (Main Line)
Borderline Personality Disorder Support Group	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
Family Connections	12-week course for families of persons with BPD. FREE but registration is required.	Contact for details		
DBSA Heart of Texas	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. dbsalliance.org	Robbye Oehlert 512-844-5575 dbsaheartoftexas@yahoo.com
Obsessive-Compulsive Disorder Support Group	Peer-led support group for persons with OCD	2nd & 4th Saturdays	Gethsemane Lutheran Church Ministry House 204 W Wonsley Dr., Austin 78753. austinoocdsupport.org	Tom Somyak 512-799-1876 tom@austinoocdsupport.org
Recovery International	Peer-led stress coping support group. Ask for group facilitator, Steven.	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd., Austin 78749. recovery-inc.org	512-686-4844 Recovery171@lowselfhelpsystems.org
ARCIL	Resource Center for Independent Living serving persons with disabilities & their families	Contact for details	Locations in Austin, Round Rock and San Marcos. arcil.com	512-832-6349 (Austin) 512-828-4624 (Round Rock)
VELA	Info, resources, & support for families of children with special needs	Mon - Fri	Allan Center, 4900 Gonzales St., Austin 78702 velafamilies.org	512-850-8281