

2017 Local Mental Health Resource Guide provided by NAMI Austin - [namiaustin.org](http://namiaustin.org)

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT	
<b>Family-to-Family</b> NAMI Austin	12-week, peer-led class for families & friends of adults with mental illness. <b>FREE</b> but registration is required.	Varies	Weekly for 12 weeks	Varies	512-420-9810 <a href="mailto:info@namiaustin.org">info@namiaustin.org</a>	
<b>Basics</b> NAMI Austin	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 Austin	10-week, peer-led class for persons living with mental illness. <b>FREE</b> but registration is required.		Weekly for 10 weeks			
<b>In Our Own Voice</b> NAMI Austin	1.5-hour public education presentation by trained presenters with mental illness. <b>FREE</b> , must schedule.	Contact to schedule.	Contact to schedule.			
<b>Parents &amp; Teachers as Allies</b> NAMI Austin	2-hour in-service mental health education program for school professionals. <b>FREE</b> , must schedule.					
<b>Ending the Silence</b> NAMI Austin	Mental health presentation for middle and high school students. <b>FREE</b> , must schedule.					
<b>NAMI Hearts &amp; Minds</b>	Online, Interactive, educational initiative.	Online	Online	Online	<a href="http://www.nami.org/heartsandminds">www.nami.org/heartsandminds</a>	
<b>NAMI Austin Community Education Meetings</b>	Monthly education events featuring variety of mental health topics. Visit website for current month's topic and speaker. <b>FREE</b> , locations vary	6:30 p.m.	4 <sup>th</sup> Monday of the month	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Room	512-420-9810 <a href="mailto:info@namiaustin.org">info@namiaustin.org</a>	
<b>NAMI Connection Support Group</b>	For individuals living with mental illness	6:30 p.m. – 8 p.m.	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays	Austin/Travis County Integral Care 1700 South Lamar Blvd. Austin, TX 78704	512-420-9810 <a href="mailto:info@namiaustin.org">info@namiaustin.org</a>	
		7 – 8:30 p.m.	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays	Hillcrest Baptist Church 3838 Steck Ave., Austin TX 78759		
		7 – 8:30 pm	1 <sup>st</sup> Wednesday	Bluebonnet Community Services 1009 N Georgetown St., Round Rock TX 78664		
<b>Family Support Group</b> NAMI Austin	For families & friends of individuals living with mental illness	6:30 – 8 p.m.	3 <sup>rd</sup> Tuesday	Memorial United Methodist Church 6100 Berkman Dr., Austin, TX 78723	memorial.fsg@namiaustin.org	
		7 – 8:30 p.m.	2 <sup>nd</sup> Thursday	St. Michael's Episcopal Church 1500 N Capital of Texas Hwy, Austin, TX 78746	st.michaels.fsg@namiaustin.org	
		6:30-8 p.m.	4 <sup>th</sup> Tuesday	Tarrytown United Methodist Church 2601 Exposition Blvd, Austin, TX 78703	tarrytown.fsg@namiaustin.org	
		7 – 8:30 p.m.	2 <sup>nd</sup> Thursday	Seton Shoal Creek Hospital 3501 Mills Ave, Austin TX 78731 (in cafeteria)	setonshoalcreek.fsg@namiaustin.org	
		6:30-8 p.m.	3 <sup>rd</sup> Tuesday	Austin Oaks Hospital, 1407 W Stassney Ln, Austin, TX 78745	oaks.fsg@namiaustin.org	
		7 – 8:30 pm	1 <sup>st</sup> Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Round Rock TX	bluebonnet.fsg@namiaustin.org	
		<b>Daughters &amp; Sons Support Group</b> For adult children of parents with mental illness	7 – 8:30p.m.	2 <sup>nd</sup> Wednesday	Austin State Hospital: Canteen/Nifty Fifty Diner 4110 Guadalupe St.	daughtersandsons.fsg@namiaustin.org
		<b>Eating Disorder Group</b> For families and friends of individuals living with an eating disorder	10:30 am – 12 pm	2 <sup>nd</sup> Saturday	Faith Lutheran Church – Please contact facilitator before attending for location.	Go.recovery08@gmail.com
<b>Family Support Group</b> NAMI Austin/ATCIC	For families and friends of individuals living with mental illness	7 – 9 p.m.	2 <sup>nd</sup> Monday	Austin Travis County Integral Care 1700 S Lamar off Collier St Rm #102	Tom Polacheck 512-804-3690 tom.polacheck@atcic.org	
<b>Austin Clubhouse</b>	Group recovery program for people with mental health diagnosis who are returning to work	9 am-5pm	Mon-Wed, Fri	610 E. 45 <sup>th</sup> St Austin, 78751 austinclubhouse.org	512-925-5877	
		5 pm-8 pm	Thursday			
<b>PLAN of Central TX</b>	Planned Living Assistance Network – care management, peer assistance, counseling.	Call for info	Call for Info	4110 Guadalupe, Bldg 781, Office 410, <a href="http://planctx.org">planctx.org</a>	Debbie Webb, 512-851-0901	
<b>Austin Area Mental Health Consumers/SHAC</b>	For individuals with mental illness	Numerous	Numerous	3205 S 1 <sup>st</sup> St Austin 78704	512-442-3366 admin@austinmhc.org	
<b>Communities for Recovery</b>	Dual disorders recovery support group, behavioral education programs, volunteer peer support services, peer recovery coaching	Contact for info	Contact for info	Austin State Hospital Campus 4110 Guadalupe St., Peer Recovery Support Center Bldg 635, Austin TX 78751 cforr.org	512-758-7686	
<b>C2 Change</b> (formerly Tejas Family Guidance Center)	Mental health services for families in Austin. Individual, family, couples and group therapy; assessments.	Contact for info	Contact for info	1000 Westbank Drive, Austin TX 78746 c2change.org	512.981.8787 info@c2change.org	

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<b>Integral Care (formerly ATCIC)</b>	Mental and behavioral health care provider for Austin and Travis County residents. Various services.	Contact	Contact	Multiple in Austin and Travis county. Integralcare.org	512-472-4357 512-472-(HELP)
<b>Bluebonnet Trails</b>	Mental health care provider with various locations and services.	Contact	Contact	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales and Guadalupe counties. Bbtrails.org	512-255-1720 1-800-841-1255
<b>Lone Star Circle of Care</b>	Mental healthcare provider with various locations and services	Contact	Contact	Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock and Taylor. Lscctx.org	1-877-800-5722
<b>Seton Behavioral Health</b>	Inpatient, outpatient and emergency services provider. seton.net/behavioral-health-care/	Varies	Varies	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave, Austin, TX 78731	512-324-2039 877-918-2039
<b>APD and TCSO Crisis Intervention Teams</b>	Specially trained officers and professionals who respond to mental health crisis calls	24 Hours	7 days/week	Austin Police Department, Travis County Sheriff's Office tcsheiff.org/departments/law-enforcement/central/crt	(512) 854-3450 APD (512) 854-3445 TCSO
<b>Psychiatric Emergency Services</b>	Walk-in psychiatric emergency services clinic Integralcare.org/content/psychiatric-emergency-services-pes	8 am-10 pm 10 am-8 pm	Mon-Fri Sat-Sun	56 East Ave. Nadine L. Jay Bldg. Austin, TX 78701	512-472-HELP (4357) 844-398-8252 CrisisInfo@atcic.org
<b>Seton Psychiatric Emergency Dept</b>	University Medical Center Brackenridge Hospital Immediate help for behavioral health emergencies.	24 Hours	7 days/week	601 E. 15 <sup>th</sup> Street, Austin, TX 78701 seton.net/behavioral-health-care/emergency-services	512-324-7000
<b>Texas Suicide Prevention</b>	Council of agencies- Texas Suicide Prevention Plan			texasuicideprevention.org	1-800-273-TALK (8255)
<b>Survivors of Suicide</b>	Free peer-led Group sos-austin.com	6:30-8pm	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	St David's North Austin Medical Center 2 <sup>nd</sup> Floor Rm 2-C 12221 Mopac Expressway North, Austin, TX 78758	Linda Davis 512-560-6115
<b>The Christi Center</b>	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8pm	Tuesdays	2306 Hancock Dr Austin, TX 78756 christicenter.org	Erin Spalding 512-467-2600
<b>Samaritan Center for Counseling</b>	Affordable counseling for individuals, families, elderly, military, Hope for Heroes Program, Telepsychiatry	9 am-6 pm 9 am-5 pm	Mon-Thur Friday	8956 Research Blvd Bldg #2 Austin TX 78758 samaritan-center.org	512-451-7337
<b>UT Austin Anxiety and Stress Clinic</b>	Sliding scale group and individual CBT for stress and anxiety related disorders. FIT program.	Contact	Contact	UT Institute for Mental Health Research clinics.la.utexas.edu/anxiety-and-stress-clinic	(512) 471-7694 anxiestressclinic@utexas.edu
<b>New Life Institute</b>	Nonprofit sliding-scale counseling services. Walk-in counseling service, by donation. Austin community welcomed.	Contact 3 – 6 p.m.	Contact Tuesdays	607 Rathervue Place, Austin, Texas 78705 United Methodist Church 2105 Parker Lane, Austin TX78741	512-469-9447 newlifetexas@sbcglobal.net newlifetexas.org
<b>Lifeworks</b>	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Varies	Varies	Locations throughout Austin. lifeworksaustin.org	Main Line 512-735-2400
<b>Borderline Personality Disorder Support Group – NEA-BPD</b>	For families & friends of people with BPD. A licensed mental health professional will moderate all group sessions	7:30 – 9 p.m.	1 <sup>st</sup> Monday	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Room Austin, TX 78751	fcaustininfo@gmail.com Eric Kunish efkunish@austin.rr.com
<b>Family Connections NEA-BPD</b>	12- week course for families of persons with Borderline Personality Disorder. <b>FREE</b> but registration is required	Varies	Weekly for 12 weeks		
<b>Austin Child Guidance Center</b>	Parent education, therapy, & psychiatric services for children with mental health needs	Varies	Varies	810 W 45 <sup>th</sup> St Austin 78751 austinchildguidance.org	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.	6:30 – 8 pm	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday	Central Baptist Church Allison House (behind church) 301 N Lake Creek Dr, Round Rock, TX 78681 dbsalliance.org	Robbye Oehlert 512-844-5575 dbsaheartoftexas@yahoo.com
<b>Eating Disorders Anonymous</b>	Peer-led eating disorder recovery support	Varies	Varies	Visit website for meeting locations and times: eatingdisordersanonymous.org	512-923-3361 StephLCMorris@aol.com
<b>Obsessive-Compulsive Disorder Support Group</b>	Peer-led self-help for persons with obsessive-compulsive disorder. austinocdsupport.org	7-8:30 p.m.	1 <sup>st</sup> Tuesday	Red River Church 4425 Red River, Austin, 78751 Conference Room #6	Tom Somyak 512-323-2112 tom@austinocdsupport.org
		7-8:30 p.m.	3 <sup>rd</sup> Tuesday	Gethsemane Lutheran Church 200 W Anderson Ln, Austin 78752 Music Room (lower level)	
<b>Recovery International</b>	Cognitive Behavioral peer-led groups for individuals with mood disorders	6:30 – 8 p.m.	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd Austin, TX 78749 recovery-inc.org	Steven 512-686-4844 Recovery171@lowselfhelpsystems.org
<b>ARCIL</b>	Resource Center for Independent Living serving persons with disabilities, their families and communities	Contact for info	Contact for info	Locations in Austin, Round Rock and San Marcos. arcil.com	Austin 832-6349 Round Rock 828-4624