

**2015 MENTAL HEALTH EDUCATION & SUPPORT GROUP RESOURCE GUIDE PROVIDED BY NAMI (NATIONAL ALLIANCE FOR MENTAL ILLNESS) AUSTIN**

<b>NAME</b>	<b>DESCRIPTION</b>	<b>TIME</b>	<b>DATE</b>	<b>LOCATION</b>	<b>CONTACT</b>
<b>Family-to-Family</b> NAMI Austin	12-week course 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 course for parents of children & teens (3-17) with mental illness. <b>FREE</b> but registration is required.		Weekly for 6 weeks		
<b>Peer-to-Peer</b> NAMI Austin	10-week course 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.	Contact to schedule.	Contact to 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 Meeting</b> NAMI Austin	Speakers discuss mental health topics. Visit website for current month's program. <b>FREE</b> .	6:30 p.m.	4th 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>
		6:30 – 8 p.m.	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays	Hillcrest Baptist Church 3838 Steck Ave., Austin TX 78759	
		7 – 8:30 pm	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	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.	7 – 8:30 p.m.	3 <sup>rd</sup> Tuesday	Mt. Sinai Baptist Church 5900 Cameron Rd, Austin, TX 78723	<a href="mailto:mountsinai.fsg@namiaustin.org">mountsinai.fsg@namiaustin.org</a>
		7 – 8:30 p.m.	2 <sup>nd</sup> Thursday	Austin Ridge Bible Church 9300 Farm to Market 2244, Austin, TX 78733	<a href="mailto:austinridge.fsg@namiaustin.org">austinridge.fsg@namiaustin.org</a>
		6:30-8 p.m.	4 <sup>th</sup> Tuesday	Tarrytown United Methodist Church 2601 Exposition Blvd, Austin, TX 78703	<a href="mailto:tarrytown.fsg@namiaustin.org">tarrytown.fsg@namiaustin.org</a>
		7 – 8:30 p.m.	2 <sup>nd</sup> Thursday	Seton Shoal Creek Hospital 3501 Mills Ave, Austin TX 78731 (in cafeteria)	<a href="mailto:setonshoalcreek.fsg@namiaustin.org">setonshoalcreek.fsg@namiaustin.org</a>
		6:30-8 p.m.	3 <sup>rd</sup> Thursday	Austin Travis County Integral Care, 5015 South IH-35, Suite 200, Austin, TX	<a href="mailto:atcic.fsg@namiaustin.org">atcic.fsg@namiaustin.org</a>
		7 – 8:30 pm	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Round Rock TX	<a href="mailto:bluebonnet.fsg@namiaustin.org">bluebonnet.fsg@namiaustin.org</a>
		<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.
<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.	<a href="mailto:go.recovery08@gmail.com">go.recovery08@gmail.com</a>	
<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 <a href="mailto:tom.polacheck@atcic.org">tom.polacheck@atcic.org</a>
<b>Austin Clubhouse</b>	Group recovery program for people with mental health diagnosis who are returning to work.	9 am-5pm	Tues-Fri	4425 Red River St Austin, 78751 <a href="http://austinclubhouse.org">austinclubhouse.org</a>	512-925-5877
<b>PLAN of Central TX</b>	Planned Living Assistance Network	Call for info	Call for Info	4110 Guadalupe St 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 <a href="mailto:admin@austinmhc.org">admin@austinmhc.org</a>
<b>Back to Basics</b>	4 week accelerated behavioral education program to 12 steps of recovery for substance abuse & mental illness.	7 -8:30 p.m.	Wednesdays	Communities for Recovery Austin State Hospital 4110 Guadalupe Peer Recovery Support Center Bldg 635 <a href="http://cforr.org/">cforr.org/</a>	Sachin Kambel 512-758-7691 Robin 512-758-7684
<b>Dual Disorders Recovery Anonymous</b>	Recovery support programming for people with chemical addiction and psychiatric disorders.	12 – 1 p.m. 7 – 8 p.m.	Wednesdays Mon & Fri		
<b>Tejas Family Guidance Center</b>	Mental health services for families in Austin. Individual, family, couples and group therapy; assessments.	Contact	Contact	1000 Westbank Drive, Austin TX 78746 <a href="http://tejasfamilyguidancecenter.org">tejasfamilyguidancecenter.org</a>	512.981.8787 <a href="mailto:TejasCenterInfo@gmail.com">TejasCenterInfo@gmail.com</a>
<b>ARCIL</b>	Resource Center for Independent Living serving persons with disabilities, their families and communities.	Contact	Contact	Locations in Austin, Round Rock and San Marcos. <a href="http://arcil.com">arcil.com</a>	Austin 832-6349 Round Rock 828-4624
<b>Dual Recovery Anonymous</b>	12-step meeting for those with dual diagnoses or co-occurring disorders.	7 – 8 pm	Wednesdays	Sage Recovery and Wellness Center 7004 Bee Caves Road Building 2, Suite 200 Austin, TX 78746 <a href="http://sagerecoveryaustin.com">sagerecoveryaustin.com</a>	512-306-1394

To report an update, call 512-420-9810 or email [info@namiaustin.org](mailto:info@namiaustin.org). Visit [namiaustin.org](http://namiaustin.org) for more information about NAMI Austin. Last update: 6/18/15

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
<b>Austin Travis County Integral Care (ATCIC)</b>	Mental and behavioral health care provider for Austin and Travis County residents. Various services.	Contact	Contact	Multiple in Austin and Travis county. <a href="http://integralcare.org">integralcare.org</a>	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. <a href="http://bbtrails.org">bbtrails.org</a>	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. <a href="http://lscctx.org">lscctx.org</a>	1-877-800-5722
<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	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 FREE – registration is required	Varies	Weekly for 12 weeks		
<b>Positive Family Coaching</b>	Parenting strategies for children & teens with biobehavioral disorders.	6:30 – 9 pm	Monday	3724 Jefferson St Franklin Sq Bldg Ste 207	Linda Classen 567-7665 Ed Gooze 497-2913
<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 <a href="http://austinchildguidance.org">austinchildguidance.org</a>	512-451-2242
<b>Lifeworks</b>	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Varies	Varies	Locations throughout Austin. <a href="http://lifeworksaustin.org">lifeworksaustin.org</a>	Main Line 512-735-2400
<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 <a href="http://dbsalliance.org">dbsalliance.org</a>	Robbye Oehlert 512-844-5575 <a href="mailto:dbsaheartoftexas@yahoo.com">dbsaheartoftexas@yahoo.com</a>
<b>Travis Co. Counseling &amp; Education Services</b>	Rehabilitative programs for adults & juveniles, including alcohol/drug & family violence.	Contact	Contact	Locations throughout Austin. <a href="http://www.co.travis.tx.us/counseling_education/">www.co.travis.tx.us/counseling_education/</a>	512-854-9540
<b>Eating Disorders Anonymous</b>	Peer-led eating disorder recovery support.	Varies	Varies	Visit website for meeting locations and times: <a href="http://eatingdisordersanonymous.org">eatingdisordersanonymous.org</a>	512-923-3361 <a href="mailto:StephLCMorris@aol.com">StephLCMorris@aol.com</a>
<b>Obsessive-Compulsive Disorder Support Group</b>	Peer Led Self Help for persons with obsessive-compulsive disorder. <a href="http://austinocdsupport.org">austinocdsupport.org</a>	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 <a href="mailto:tom@austinocdsupport.org">tom@austinocdsupport.org</a>
		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 <a href="http://recovery-inc.org">recovery-inc.org</a>	Steven 512-686-4844 <a href="mailto:Recovery171@lowselfhelpsystems.org">Recovery171@lowselfhelpsystems.org</a>
<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 <a href="http://samaritan-center.org">samaritan-center.org</a>	512-451-7337
<b>Survivors of Suicide</b>	Free peer Led Group <a href="http://sos-austin.com">sos-austin.com</a>	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 <a href="http://christicenter.org">christicenter.org</a>	Erin Spalding 512-467-2600
<b>Texas Suicide Prevention</b>	Council of agencies- Texas Suicide Prevention Plan			<a href="http://texasuicideprevention.org">texasuicideprevention.org</a>	1-800-273-TALK (8255)
<b>Seton Behavioral Health</b>	Inpatient, outpatient and emergency services provider. <a href="http://www.seton.net/behavioral-health-care/">http://www.seton.net/behavioral-health-care/</a>	Varies	Varies	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave, Austin, TX 78731	512-324-2039 877-918-2039
<b>Seton Psychiatric Emergency Dept.</b>	University Medical Center Brackenridge Hospital Immediate help for behavioral health emergencies.	24 Hours	7 days/week	601 E. 15th Street, Austin, TX 78701 <a href="http://seton.net/behavioral-health-care/emergency-services">seton.net/behavioral-health-care/emergency-services</a>	512-324-7000
<b>Psychiatric Emergency Services</b>	Walk-in psychiatric emergency services clinic. <a href="http://integralcare.org/content/psychiatric-emergency-services-pes">integralcare.org/content/psychiatric-emergency-services-pes</a>	24 Hours	7 days/week	Nadine L. Jay Bldg. 56 East Ave. Austin, TX 78701	512-472-HELP (4357) 844-398-825 <a href="mailto:CrisisInfo@atcic.org">CrisisInfo@atcic.org</a>
<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 <a href="http://tcsheiff.org/departments/law-enforcement/central/crt">tcsheiff.org/departments/law-enforcement/central/crt</a>	(512) 854-3450 APD (512) 854-3445 TCSO
<b>DBT Group (Dialectical Behavior Therapy)</b>	Low cost, sliding scale. Especially for bulimia and binge eating disorders. Skills: mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation.	6 – 7:30 p.m.	Wednesdays	8500 MoPac Expy #402 Austin, TX 78759 <a href="http://austindbt.com">austindbt.com</a>	Chrissie Hartley LCSW <a href="mailto:chrissiehartley@gmail.com">chrissiehartley@gmail.com</a> Jennifer Wilhelm LCSW