

NAMI AUSTIN Local Mental Health Resource Guide | namiaustin.org | 512-420-9810

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Family-to-Family NAMI Austin	10-week, peer-led class for families & friends of adults with mental illness. FREE but registration is required	See website	Weekly for 10 weeks	namiaustin.org/education	512-420-9810 info@namiaustin.org
Basics NAMI Austin	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 Austin	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 Austin	40 or 60 min. public education presentation by trained presenters with mental illness. FREE , must schedule/	See website to schedule	See website to schedule	namiaustin.org/presentations	
Parents & Teachers as Allies NAMI Austin	1.5 hrs in-service mental health education program for school professionals. FREE , must schedule.				
Ending the Silence NAMI Austin	50 min. mental health presentation for middle and high school students. FREE , must schedule.				
Let's Talk NAMI Austin	1-hour presentation for parents of teens on starting the mental health conversation & why it matters. FREE	See website for schedule	See website for schedule	namiaustin.org/workshops	
Family & Friends NAMI Austin	4-hour workshop that informs and supports people who have loved ones with a mental health condition. FREE				
Bridges to Hope NAMI Austin	3-hour workshop for leaders in the faith community. FREE but registration is required.	See website	Monthly	namiaustin.org/mindmatters	
Mind Matters NAMI Austin	Monthly education events featuring variety of mental health topics. Visit website for current month's topic and speaker. FREE , locations may vary.				
NAMI Connection Support Group NAMI Austin	For individuals living with mental illness. FREE , drop-in.	See website	See website	namiaustin.org/nami-connection	
Family Support Group NAMI Austin	For families & friends of individuals living with mental illness. FREE , drop-in				
Eating Disorder Group Parent/Loved One Support Group	For families and friends of individuals living with an eating disorder	10:30 am - 12 pm	2nd Saturday	Please contact facilitator before attending.	Carolyn Lyndy Dower go.recovery08@gmail.com
Austin Clubhouse	Group recovery program for people with mental health diagnosis offering lunch daily, socializing, & supportive employment opportunities	9 am - 5 pm 5 pm - 8 pm	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	Contact	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	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	8 am - 5 pm	Mon - Fri	Austin State Hospital - Peer Recovery Support Center 4110 Guadalupe St. Bldg. 635, Austin 78751. cforr.org	512-758-7686 info@cforr.org
Catholic Charities of Central Texas	Social services organization offering counseling and immigration services; Individual, family, couples, & play therapy; virtual counseling	8:30 am- 5 pm	Mon - Fri	1625 Rutherford Ln, Austin 78754 www.ccctx.org	512.651.61000

Integral Care (formerly ATCIC)	Mental & behavioral healthcare provider for Travis County residents, offering various services	Contact	Contact	Multiple in Travis county. integralcare.org	512-472-4357 (HELP)
Bluebonnet Trails Community Services	Mental healthcare provider for other counties with various locations & services	Contact	Contact	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	Contact	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	Contact	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	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	8 am - 10 pm 10 am - 8 pm	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	24/7	texassuicideprevention.org	1-800-273-TALK (8255)
Survivors of Suicide	Free peer-led group	6:30 - 8 pm	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	Contact	2306 Hancock Dr., Austin 78756. christicenter.org	512-467-2600
Samaritan Center for Counseling	Affordable counseling and telepsychiatry for all ages, military	9 am - 6 pm 9 am - 4:30 pm	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	Contact	UT Institute for Mental Health Research clinics.la.utexas.edu/anxiety-and-stress-clinic	512-471-7694 anxiystressclinic@utexas.edu
New Life Institute	Sliding-scale & walk-in counseling services, by donation.	Contact	Contact	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	Contact	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.	7:30 - 9 p.m.	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	Weekly for 12 weeks		
Austin Child Guidance Center	Therapy, & psychiatric services for children with mental health needs. Parent education offered.	8 am - 8 pm 8 am - 6 pm	Mon - Thurs Friday	810 W 45th St., Austin 78751. austinchildguidance.org	512-451-2242
DBSA Heart of Texas	Peer-directed support groups for individuals 18 years and older living with depression and/or bipolar disorder	7:00 - 8:30 pm	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	11:00 am - 12:30 pm	2nd & 4th Saturdays	Gethsemane Lutheran Church Ministry House 204 W Wonsley Dr., Austin 78753. austinocdsupport.org	Tom Somyak 512-799-1876 tom@austinocdsupport.org
Recovery International	Peer-led stress coping support group. Ask for group facilitator, Steven.	6:30 - 8 pm	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	Contact	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	9 am - 5 pm	Mon - Fri	Allan Center, 4900 Gonzales St., Austin 78702 velafamilies.org	512-850-8281