

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

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	See website	Weekly for 12 weeks	namiaustin.org/education	512-420-9810 info@namiaustin.org
<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	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 Austin	40 or 60 min. public education presentation by trained presenters with mental illness. <b>FREE</b> , must schedule/	See website to schedule	See website to schedule	namiaustin.org/presentations	
<b>Parents &amp; Teachers as Allies</b> NAMI Austin	1.5 hrs in-service mental health education program for school professionals. <b>FREE</b> , must schedule.				
<b>Ending the Silence</b> NAMI Austin	50 min. mental health presentation for middle and high school students. <b>FREE</b> , must schedule.				
<b>Let's Talk</b> NAMI Austin	1-hour presentation for parents of teens on starting the mental health conversation & why it matters. <b>FREE</b>	See website for schedule	See website for schedule	namiaustin.org/workshops	
<b>Family &amp; Friends</b> NAMI Austin	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 Austin	3-hour workshop for leaders in the faith community. <b>FREE</b> but registration is required.	See website	Monthly	namiaustin.org/mindmatters	
<b>Mind Matters</b> NAMI Austin	Monthly education events featuring variety of mental health topics. Visit website for current month's topic and speaker. <b>FREE</b> , locations may vary.	See website	See website	namiaustin.org/nami-connection	
<b>NAMI Connection Support Group</b> NAMI Austin	For individuals living with mental illness. <b>FREE</b> , drop-in.	See website	See website	namiaustin.org/family-support-group	
<b>Family Support Group</b> NAMI Austin	For families & friends of individuals living with mental illness. <b>FREE</b> , drop-in	See website	See website	namiaustin.org/ok2talk	
<b>#OK2Talk Support Group</b> NAMI Austin	For middle and high school teens (ages 13-17) experiencing mental health issues who are looking for a safe, open and supportive place to share their challenges. <b>FREE</b> , but registration is required.	See website	See website	namiaustin.org/ok2talk	
<b>Eating Disorder Group</b> 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
<b>Austin Clubhouse</b>	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
<b>PLAN of Central TX</b>	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
<b>Austin Area Mental Health Consumers/SHAC</b>	Peer support groups, training, mentoring, & more	Numerous	Numerous	3205 S 1st St., Austin 78704 austinmhc.org	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	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
<b>C2 Change</b> (formerly Tejas Family Guidance Center)	Mental health services for families in Austin. Individual, family, couples, & group therapy; assessments.	Contact	Contact	1715 S Capital of TX Hwy. # 101, Austin 78746 c2change.org	512.981.8787 info@c2change.org

<b>Integral Care</b> (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)
<b>Bluebonnet Trails Community Services</b>	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)
<b>Lone Star Circle of Care</b>	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
<b>Seton Behavioral Health</b>	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
<b>APD &amp; TCSO Crisis Intervention Teams</b>	Specially trained officers & professionals who respond to mental health crisis calls	24/7	24/7	Austin Police Department and Travis County Sheriff's Office	512-854-3450 (APD) 512-854-3445 (TCSO)
<b>Psychiatric Emergency Services</b>	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)
<b>Texas Suicide Prevention</b>	Council of agencies - Texas Suicide Prevention Plan	24/7	24/7	texassuicideprevention.org	1-800-273-TALK (8255)
<b>Survivors of Suicide</b>	Free peer-led group	6:30 - 8 pm	1st & 3rd Tuesdays	St David's North Austin Medical Center, 2 <sup>nd</sup> Floor Rm 2C 12221 N Mopac Expy., Austin 78758 sos-austin.com	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	Contact	2306 Hancock Dr., Austin 78756. christicenter.org	512-467-2600
<b>Samaritan Center for Counseling</b>	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
<b>UT Austin Anxiety &amp; Stress Clinic</b>	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 anxietystressclinic@utexas.edu
<b>New Life Institute</b>	Sliding-scale & walk-in counseling services, by donation.	Contact	Contact	607 Rathervue Pl., Austin 78705. newlifetexas.org	512-469-9447 newlifetexas@sbcglobal.net
<b>Lifeworks</b>	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)
<b>Borderline Personality Disorder Support Group</b>	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
<b>Family Connections</b>	12-week course for families of persons with BPD. <b>FREE</b> but registration is required.	Contact	Weekly for 12 weeks		
<b>Austin Child Guidance Center</b>	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
<b>DBSA Heart of Texas</b>	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
<b>Obsessive-Compulsive Disorder Support Group</b>	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
<b>Recovery International</b>	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
<b>ARCIL</b>	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)
<b>VELA</b>	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