

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

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Family-to-Family NAMI Austin	12-week, peer-led class for families & friends of adults with mental illness. FREE , but registration is required	See website	Weekly for 12 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	10-week, peer-led class for persons living with mental illness. FREE , but registration is required.		Weekly for 10 weeks		
In Our Own Voice NAMI Austin	1.5-hour 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	2-hour in-service mental health education program for school professionals. FREE , must schedule.				
Ending the Silence NAMI Austin	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	See website	See website	namiaustin.org/nami-connection	
NAMI Connection Support Group NAMI Austin	For individuals living with mental illness. FREE , drop-in	See website	See website	namiaustin.org/family-support-group	
Family Support Group NAMI Austin	For families & friends of individuals living with mental illness. FREE , drop-in	See website	See website	namiaustin.org/ok2talk	
#OK2Talk Support Group 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. FREE , but registration is required.	See website	See website	namiaustin.org/ok2talk	
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 for location.	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, Fri Thursday	610 E. 45th St Austin, 78751 austinclubhouse.org	512-925-5877
PLAN of Central TX	Planned Living Assistance Network – care management, peer assistance, counseling	Call for info	Call for Info	4110 Guadalupe, Bldg 781, Office 410, planctx.org	Debbie Webb, 512-851-0901
Austin Area Mental Health Consumers/SHAC	Peer support groups, training & mentoring	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	Contact	Contact	Austin State Hospital Campus 4110 Guadalupe St., Peer Recovery Support Center Bldg 635, Austin TX 78751 cforr.org	512-758-7686
C2 Change (formerly Tejas Family Guidance Center)	Mental health services for families in Austin. Individual, family, couples and group therapy; assessments.	Contact	Contact	1000 Westbank Drive, Austin TX 78746 c2change.org	512.981.8787 info@c2change.org

Integral Care (formerly ATCIC)	Mental and behavioral health care provider for Austin and Travis County residents, offering various services.	Contact	Contact	Multiple in Austin and Travis county. integralcare.org	512-472-4357 512-472-(HELP)
Bluebonnet Trails Community Services	Mental health care provider with various locations and services.	Contact	Contact	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales and Guadalupe counties. bbtrails.org	1-800-841-1255
Lone Star Circle of Care	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
Seton Behavioral Health	Inpatient, outpatient and emergency services provider seton.net/behavioral-health-care	Contact	Contact	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave, Austin, TX 78731	512-324-2039 877-918-2039
APD and TCSO Crisis Intervention Teams	Specially trained officers and professionals who respond to mental health crisis calls	24/7	24/7	Austin Police Department Travis County Sheriff's Office	(512) 854-3450 APD (512) 854-3445 TCSO
Psychiatric Emergency Services	Walk-in psychiatric emergency services clinic integralcare.org	8 am-10 pm 10 am-8 pm	Mon-Fri Sat-Sun	1165 Airport Blvd, Austin, TX 78702	512-472-HELP (4357)
Texas Suicide Prevention	Council of agencies- Texas Suicide Prevention Plan	24/7	24/7	texasuicideprevention.org	1-800-273-TALK (8255)
Survivors of Suicide	Free peer-led Group sos-austin.com	6:30-8 pm	1st & 3rd Tuesdays	St David's North Austin Medical Center 2 nd Floor Rm 2-C 12221 Mopac Expressway North, Austin, TX 78758	Linda Davis 512-560-6115
The Christi Center	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8 pm	Tuesdays	2306 Hancock Dr, Austin, TX 78756 christicenter.org	Erin Spalding 512-467-2600
Catholic Charities of Central Texas	Sliding-scale and virtual counseling for children, adults, couples and families. Offered in English and Spanish.	Contact	Contact	1625 Rutherford Ln., Austin, Texas 78754 ccctx.org	512-651-6150
Samaritan Center for Counseling	Affordable counseling for individuals, families, elderly, military, Hope for Heroes Program, Telepsychiatry	9 am-6 pm 9 am-5 pm	Mon-Thurs Friday	8956 Research Blvd Bldg #2 Austin TX 78758 samaritan-center.org	512-451-7337
UT Austin Anxiety and Stress Clinic	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 anxietystressclinic@utexas.edu
New Life Institute	Nonprofit sliding-scale counseling services. Walk-in counseling service, by donation.	Contact	Contact	607 Rathervue Place, Austin, Texas 78705 newlifetexas.org	512-469-9447 newlifetexas@sbcglobal.net newlifetexas.org
Lifeworks	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Contact	Contact	Locations throughout Austin. lifeworksaustin.org	Main Line 512-735-2400
Borderline Personality Disorder Support Group – NEA-BPD	For families & friends of people with BPD. A licensed mental health professional moderates all group sessions	7:30-9 p.m.	1st Monday	Austin State Hospital: Canteen/Nifty Fifty Diner 4110 Guadalupe St., Austin TX 78751	fcaustininfo@gmail.com Eric Kunish efkunish@austin.rr.com
Family Connections NEA-BPD	12- week course for families of persons with Borderline Personality Disorder. FREE , but registration is required	Contact	Weekly for 12 weeks		
Austin Child Guidance Center	Parent education, therapy, & psychiatric services for children with mental health needs	Contact	Contact	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	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
Obsessive-Compulsive Disorder Support Group	Peer-led self-help for persons with obsessive-compulsive disorder. austinocdsupport.org	11:00 am - 12:30 pm	2nd & 4th Saturdays	Gethsemane Lutheran Church Ministry House 204 Wonsley Dr W, Austin, TX 78753	Tom Somyak 512-323-2112 tom@austinocdsupport.org
Recovery International	Peer-led stress coping support group	6:30-8 pm	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd, Austin, TX 78749 recovery-inc.org	Steven 512-686-4844 Recovery171@lowselfhelpsystems.org
ARCIL	Resource Center for Independent Living serving persons with disabilities, their families and communities	Contact	Contact	Locations in Austin, Round Rock and San Marcos. arcil.com	Austin 832-6349 Round Rock 828-4624
VELA	Provides families of children with special needs With hands-on information, resources and support.	Contact	Contact	Allan Center, 4900 Gonzales St, Austin TX 78702 velafamilies.org	512-850-8281