



COMMUNITY RESOURCES



Finding a psychiatrist or doctor takes time. We have compiled a list of local resources and referrals to help make the process as smooth as possible.

Austin Clinical Trial Partners is always getting new clinical research studies! To learn about our new studies, please call us at 512-521-0595 or visit our website at austinclinicaltrialpartners.com/current-studies

CRISIS RESOURCES

IF YOU OR SOMEONE YOU KNOW ARE HAVING THOUGHTS OF HURTING YOURSELF OR OTHERS, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.

NATIONAL SUICIDE PREVENTION LIFELINE

Telephone: [988](tel:988)
Website: 988lifeline.org

CRISIS TEXT LINE

Text "HOME" to 741741
Website: crisistextline.org

VETERANS CRISIS LINE

Telephone: [988](tel:988) then press 1
Text: 838255
Website: veteranscrisisline.net

THE TREVOR PROJECT- LGBTQ+ SUICIDE HELP

Telephone: [866-488-7386](tel:866-488-7386)
text "START" to 67878
Website: thetrevorproject.org

AUSTIN OAKS HOSPITAL

Telephone: [512-610-0675](tel:512-610-0675)
Website: austinoakshospital.com

AUSTIN STATE HOSPITAL

Telephone: [512-452-0381](tel:512-452-0381)
Website: hhs.texas.gov

CROSS CREEK HOSPITAL

Telephone: [855-408-1016](tel:855-408-1016)
Website: crosscreekhospital.com

ASCENSION SETON SHOAL CREEK

Telephone: [512-324-2000](tel:512-324-2000)
Website: healthcare.ascension.org

LOCAL MENTAL HEALTH CENTERS

HILL COUNTRY MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES CENTER - HAYS, LLANO, BLACO COUNTRIES

Crisis Hotline: [877-466-0660](tel:877-466-0660)
Telephone: [830-792-3300](tel:830-792-3300)
Website: hillcountry.org

Individual (adults and children) and family therapy. Specializing in behavioral health, intellectual and developmental disabilities, substance abuse, and crisis care. Sliding scale fees.

CAPITOL AREA COUNSELING

Telephone: [512-302-1000](tel:512-302-1000)
Website: cacaustin.org

Sliding fee scale. Individual, family, group therapy available. Weekend and evening appointments available.

SAMARITAN CENTER

Telephone: [512-451-7337](tel:512-451-7337)
Website: samaritan-center.org

Individual, group, and family therapy. Veteran's services. Accepts most insurances. Sliding fee scale for non-insured.

YWCA COUNSELING SERVICES

Telephone: [512-326-1222](tel:512-326-1222)
Website: ywcaAustin.org

Individual, couples, and family counseling. Sliding fee scale.

LOCAL MENTAL HEALTH CENTERS (CONT.)

LIFEWORKS

Telephone: 512-735-2100

Website: lifeworksaustin.org/counseling

Individual and family therapy. Sliding scale fees.

WATERLOO COUNSELING CENTER

Telephone: [512-302-1000](tel:512-302-1000)

Website: waterloocounseling.org

Counseling for LGBTQIA+, people living with HIV/AIDS, trauma, depression or anxiety.

CAPITAL AREA COUNSELING

Telephone:

Website: cacaustin.org

Psychotherapy at low-cost. Sliding scale fees.

AUSTIN FAMILY INSTITUTE

Telephone: [512-329-6611](tel:512-329-6611)

Website: austinfamilyinstitute.org

Individual, couples, family and group therapy. Sliding scale fee.

EMDR THERAPY AUSTIN

Telephone: [512-503-0700](tel:512-503-0700)

Website: emdrtherapyaustin.com

Individual trauma therapy for adults with Eye Movement Desensitization and Reprocessing.

COMPREHENSIVE CARE SERVICES

LONESTAR CIRCLE OF CARE

Telephone: [512-686-0534](tel:512-686-0534)

Website: lonestarcares.org

Behavioral, medical, pharmacy, dental, virtual services. Accepts most insurances and Medicare/Medicaid/CHIP. Sliding fee scale available for non-insured.

PEOPLE'S COMMUNITY CLINIC

Telephone: [512-748-4939](tel:512-748-4939)

Website: austinpcc.org

Behavioral and medical services for all ages. Accepts insurance/Medicare/Medicaid/CHIP. Sliding scale for non-insured.

INTEGRAL CARE-TRAVIS COUNTY

Crisis Hotline: [512-472-4357](tel:512-472-4357)

Website: integralcare.org

Request an appointment by completing the online contact form on the website.

ST. EDWARDS UNIVERSITY- COMMUNITY CLINIC

Telephone: [512-428-1242](tel:512-428-1242)

Website: stedwards.edu/communityclinic

Individual therapy. Sliding scale fee.

BLUEBONNET TRAILS COMMUNITY SERVICES - BASTROP, BURNET, CALDWELL, WILLIAMSON COUNTIES

Crisis Hot-line: [800-841-1255](tel:800-841-1255)

Telephone: [844-309-6385](tel:844-309-6385)

Website: bbtrails.org

Individual and group therapy, crisis services, counseling, psychosocial rehabilitation, supportive housing and employment, and peer support.

THE MEDICAL ACCESS PROGRAM (MAP)

Telephone: [512-978-8130](tel:512-978-8130)

Website: www.centralhealth.net/

Primary care, prescription, specialty care, and hospital care. Sliding scale fee.

SUPPORT AND EDUCATIONAL RESOURCES

AUSTIN MENTAL HEALTH COMMUNITY

Telephone: [512-442-3366](tel:512-442-3366)

Website: austinmhc.org

Various support groups, mentorship, community resources, and education opportunities.

THE AUSTIN CENTER FOR GRIEF AND LOSS

Telephone: [512-472-7878](tel:512-472-7878)

Website: austingrief.org

Therapy and support groups for children and adults who have experienced loss. Sliding fee scale.

COMMUNITIES FOR RECOVERY

Telephone: [512-758-7686](tel:512-758-7686)

Website: communitiesforrecovery.org

Various peer-led support and recovery groups for substance use and co-occurring mental health conditions.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Telephone: [800-826-3632](tel:800-826-3632)

Website: dbsalliance.org

No-cost information and support for adults struggling with depression and bipolar disorder as well as their friends and families.

NATIONAL ALLIANCE OF MENTAL ILLNESS

Telephone: [512-420-9810](tel:512-420-9810)

Website: namicentraltx.org/resources

No-cost education, support, and advocacy programs in Central Texas for adults struggling with mental their mental health.

PLANNED LIVING ASSISTANCE NETWORK OF CENTRAL TEXAS (PLANCTX)

Telephone: [512-851-0901](tel:512-851-0901)

Website: planctx.org/Care-Management/

Information, encouragement and independent services to support adults struggling with their mental health as well as their families and caregivers. Sliding fee scale.

HOPE FOOD PANTRY

Website: hopefoodpantryaustin.org/

Food pantry providing free groceries to individuals and families in need.

EL BUEN SAMARITANO

Telephone: [512-439-8900](tel:512-439-8900)

Website: elbuen.org

Community Center offering: vaccine clinic, adult and youth education, family planning, benefits assistance, food pantry, and free pet food. All low or no cost.

Useful websites for finding a psychiatrist, therapist, or other providers:

psychologytoday.com

zocdoc.com

openpathcollective.org



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