

## Counseling, Therapy and Mental Health Resources-English (current as of March 2023)

Adult Resources

Child/Adolescent Resources

Family Resources (Serves families, children and adults)

Senior Resources

\*Services are also provided in Spanish

Suicide & Crisis Lifeline 988 Call or text-24/7 mental health support

**Austin Child Guidance Center**-512 451-2242, <https://www.austinchildguidance.org/services/overview.html>, children up to age 17/individual/family therapy, group therapy, psychological assessments, psychiatric services

**Austin Family Institute**-512 329-6611, <http://www.austinfamilyinstitute.org/>, family therapy, couples therapy, individual therapy, and group therapy

**Capital Area Counseling**-512 302-1000, <https://cacaustin.org/>, individual counseling, group counseling, couple counseling

**\*Catholic Charities Central Texas**-512 651-6150, <https://www.ccctx.org/counseling-services/>, individual counseling, couples counseling, family counseling, play therapy for children, individual counseling for adolescents

**\*Lifeworks**-512 735-2100, <https://www.lifeworksaustin.org/counseling/>, community-based peer support counseling, shared psychiatric services, resolution counseling, youth and adult counseling

**Luminary Counseling, PLLC**-512 677-5366, <https://www.luminarycounseling.com/home/>, individual psychotherapy, couples counseling, family psychotherapy, counseling

**Thrive Works**- 512 641-8095, <https://thriveworks.com/austin-counseling/>, counseling, psychiatric services

**National Alliance on Mental Illness Central Texas**-512 420-9810, <https://namicentrltx.org/>, for adults living with mental health conditions, family support group

**Three Oaks Counseling**-512 710-0551, <https://www.threeoakstexas.com/>, therapy, counseling, psychiatric med management

**New Life Institute**- 512 469-9447, <https://www.newlifetexas.org/>, individual, family, relationship, marriage counseling, grief and bereavement counseling, psycho-spiritual support, guidance for adults, children, and teens

**Open Path Psychotherapy Collective**-1 800 268-2833, <https://openpathcollective.org/>, psychotherapy

**\*SAFE Austin**- 512 267-7233, <https://www.safeaustin.org/our-services/face-to-face-support/counseling/>, counseling and therapeutic services for adults, children, teens, and families, offers individual, group, and family counseling

**\*Samaritan Center**- 512 451-7337, <https://samaritan-center.org/>, counseling services for individuals, couples, families, children, adolescents, and veterans/individuals in the military

**Shalom Austin Jewish Family Service**-512 250-1043, <https://shalomaustin.org/page.aspx?pid=424>, counseling and psychotherapy to the Jewish community and the wider Austin community

**SIMS Foundation**-512 494-1007, <https://simsfoundation.org/>, mental health and substance abuse recovery for musicians, music industry and their families

**Texas Child Study Center at Dell Children's Medical Center**-512 324-3315, <https://healthcare.ascension.org/Locations/Texas/TXAUS/Austin-Texas-Child-Study-Center-at-Dell-Childrens-Medical-Center>, provides emotional and cognitive care for the youth and families of Central Texas

**Waterloo Counseling Center**- 512 444-9922, <https://www.waterloocounseling.org/>, mental health counseling to the entire community with expertise in serving the LGBTQ community, people living with HIV/AIDS and their loved ones, people experiencing trauma, depression or anxiety

**YMCA of Austin TownLake location**-512 542-9622 <https://www.austinyymca.org/programs/pro-bono-counseling>, pro-bono counseling program

**\*YWCA Greater Austin**-512 326-1222, <https://www.ywcaAustin.org/what-were-doing/ywcrcl/>, offers quality and affordable trauma informed counseling and support services for individuals, couples, families and groups

**\*Any Baby Can**- 512 454-3743, <https://anybabycan.org/programs/counseling/>, counseling sessions available to adults, children, teens, couples, or the whole family

**Mindful Wellness Center of Austin**- 512 720-7171, <https://www.mindfulwellnessaustin.org/counseling-and-classes>, therapy and group meditation sessions

**Family Eldercare**- 512 483-3556, <https://www.familyeldercare.org/programs/counseling/>, individualized counseling to older adults and/or adults who are homebound, specialize in empowering seniors to maximize their strengths and independence, assist in managing ongoing mental health issues, addresses issues that arise as a result of the aging process

**Planned Living Assistance Network of Central Texas, Inc.** (PLANCTX)-512-851-0901, <http://planctx.org/>, Serves adults throughout Central Texas who have moderate to severe mental health conditions

**\*Gramercy Specialty Clinic**-512 766-3627, <https://www.gramercyclinic.com/>, counseling services

**\*Specialty Clinic of Austin**-512 382-1933, <https://specialtyaustin.com/>, provides emotional and cognitive care for the youth and families of Central Texas, medication management

**Heading Health**-512 777-2591, <https://headinghealth.com>, virtual psychiatry therapy, nutritional therapy, ketamine therapy

**\*Integral Care of Austin**-512 472-4357, <https://integralcare.org/en/home/>, emotional support, suicide prevention and emotional support for LGBTQ individuals under 25, screening and referral service for First Responders, domestic violence resources, crisis support for veterans, walk-in Mental Health Urgent Care, community support groups and classes, classes and online support groups in Travis County

**Warmline**-512 548-9922 M-Thurs. 9AM-7PM, Fri. 9:00AM-5:00PM, Sat. 12PM-4:00PM, <https://ywcaustin.org>, The Warmline is for people with emerging non-emergency thoughts and feelings, who may benefit from receiving emotional support and a space for connection. YWCA understands that connection to others and emotional supports are basic human needs and help to cope in difficult situations. The Warmline is designed to prevent a mental health crisis.

**Hope Peer Support**-714 759-0750, [www.hopepeersupport.com](http://www.hopepeersupport.com), supports those who are facing challenges such as addiction, mental health disorders, or generally struggling through any stage of recovery

Substance Abuse and Mental Health Services Administration (SAMHSA) 24/7-1 800 662-4357, <https://www.samhsa.gov/>, provides information and referrals for inpatient and outpatient mental health and substance abuse