

Mental Health Treatment and Support

Hotline to Help

512-472-4357

Crisis hotline. Licensed counselors available 24hrs/7days

Psychiatric Emergency Services

56 East Avenue

Austin, TX 78701

512-454-3521; Available 24hrs/7days

Call for intake if possible. Walk in for emergencies.

24-hour emergency psychiatric services for adults and children in a mental health crisis

Austin-Travis County MHMR

(512) 472-4357

This number is for the single point of intake, preliminary screening, and initial appointment for all Austin/Travis County MHMR Center programs for adults with a diagnosis of clinically severe depression, bipolar disorder, and/or schizophrenia, and for children with mental illness.

Austin Travis County MHMR ACCESS Program

500 E 7th Street (located at Austin Resource Center for the Homeless)

Austin, TX 78701

478-5644 or 305-4130 or 305-4100 (ARCH front desk)

Sign up Wednesday and Friday at 9am at ARCH front desk.

Outreach and case management for homeless adults with mental illness and/or substance abuse. Referrals to housing, medical services, and treatment for six to nine months.

Capital Area Mental Health Center

1106 Clayton Lane Ste. 105-W

Austin, TX 78723

512-302-1000 ext. 100; Call for info or to set up an appointment; appointments are available 7 days a week, with evening appts. available Mon - Fri . Fees are based on income and household size, ranging from \$10-\$50. Bus: #37

Lifeworks

Several locations; call 512-735-2400

Speak with a counselor; 24hrs/7days

Mental health counseling, support groups and case management for homeless people 23 years of age and younger.

YWCA of Greater Austin

2015 S I35 Ste. 110

Austin, TX 78741

512-326-1222; Call for info; Mon – Thu 8:30am - 7pm, and Fri 8:30am-5pm

Fees based on income. Counseling for women, couples, and families; counseling issues include managing and decreasing stress, identifying and dealing with depression, improving communication, enhancing self-esteem, reducing anxiety, improving relationships, dealing with suicidal thinking, and anger management (will not meet requirements for court-ordered anger management).

Central Texas Veterans Health Care System**Readjustment Counseling Services**

2015 s. IH35 Ste 101

Austin, TX 78741

512-416-1314; Call for info; Mon - Fri 8:00am - 4:30pm

Individual or group counseling at no fee to veterans who served during combat hostilities or any veteran who was sexually assaulted/harassed during any period of military duty. Also provide bereavement services for families of soldiers killed in service. Must have a general or honorable discharge. Counseling specialization includes Posttraumatic Stress Disorder, sexual trauma, and relapse prevention related to PTSD chemical dependency.

Safeplace

1515 A Grove Blvd.

Austin, TX 78741

512-267-7233 (267-SAFE); 24hrs/7days

Counseling and support groups for adult and child survivors of domestic violence, rape or sexual abuse and their loved ones (family/friends).