

Mental Health Resources

[Austin Travis County Integral Care](#) – ATCIC is a **low-cost option**. All clients are required to provide proof of income, and insurance, at intake, and fees are determined based on income, and insurance coverage. They accept most major commercial insurance programs, and the client is responsible for in and out of network copays per their policy. Sliding scale fees are determined based on income. They have groups and resources offered *in several languages including Spanish*, to help those most in crisis. Integral Care improves the lives of adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County.

Call: [512-472-HELP \(4357\)](tel:512-472-HELP(4357)).
Open 24 hours a day, 7 days
a week. Press 1 for English, then 1 for
mental health crisis support.

Toll Free: [844-398-8252](tel:844-398-8252)

Psychiatric emergency services with ATCIC

You can also visit their Psychiatric Emergency Services clinic, a walk-in clinic for adults and children having a mental health crisis. They are there to help 7 days a week.

**Richard E. Hopkins Behavioral Health Building
1165 Airport Blvd., Second Floor, Austin, TX 78701
Hours: Monday – Friday, 8am to 10pm,
Saturday, Sunday and Holidays, 10am to 8pm**

[Capital Area Counseling - Counseling - Austin, Texas | Capital Area Counseling \(cacaustin.org\)](#) – At **Capital Area Counseling (CAC)** many therapists start as interns while in school and some continue after finishing school. CAC has been providing low cost, effective and accessible psychotherapy *in English and Spanish* to Central Texans for over 30 years. Their income-based fees allow access to a private and personalized experience without the restriction of session limits – the length of service is solely determined by you and your therapist, therefore sessions can continue for as long as it makes sense to work together.

Please call [\(512\) 302-1000 x100](tel:512-302-1000-x100) with any questions, or to schedule an appointment

Capital Area Counseling - 2824 Real Street Austin, Texas 78722

Lifeworks – LifeWorks Counseling Division provides support for individuals and families who are struggling with issues such as family conflict, abuse, trauma, anxiety, depression, and the stress of everyday life. LifeWorks is one of the largest providers of affordable mental health counseling *in English and Spanish* in our community.

Call [512.735.2100](tel:512.735.2100) to get more information and schedule an appointment.

People’s Community Clinic – The People’s Community Clinic is a non-profit, primary health care facility whose purpose is to provide high quality **medical, counseling and health education** *in English and Spanish* to medically underserved and uninsured Central Texans.

Please direct all medical questions and appointment requests to call center:
[512-478-4939](tel:512-478-4939).

SAFE – SAFE, formerly known as Safeplace. The counseling program provides services designed to meet survivors wherever they are in the process of healing and serves all survivors of interpersonal violence, including domestic violence, sexual assault, sexual abuse, and human trafficking. By informing survivors about the dynamics of interpersonal violence and assisting them in the development of goals specific to their situation survivors are supported as they heal from trauma and reclaim their lives. *Counselors work with people with disabilities, Spanish speakers and members of the Deaf community.* (East Austin)

24/7 SAFeline:
Call: [512.267.7233](tel:512.267.7233) (SAFE)
Text: [737.888.7233](tel:737.888.7233)

Asian Family Support Services of Austin (AFSSA) (afssaustin.org) – AFSSA provides culturally sensitive counseling sessions *in English and other languages* for survivors affected by domestic violence or sexual assault. They *Educate, Advocate for, and Empower* Asian and immigrant communities and survivors of gender-based violence, including sexual assault, trafficking, and domestic abuse.

24-HOUR HOTLINE: 1-877-281-8371 or (local) [512-651-3743](tel:512-651-3743)

Email: info@afssaustin.org

Samaritan Counseling Center – Samaritan works with veterans, individuals, couples, and families. They offer sliding fee scale counseling and acupuncture with special programs for low-income and the under-insured, as well as their Hope for Heroes program for military families. Their highest fee is \$125 and they have grants to assist folks under 200% of the Federal Poverty Level as well programs to offset the cost counseling for families in their Hope for Heroes program. They have multiple NW locations and one in San Marcos.

Call: [512-451-7337](tel:512-451-7337)

Veteran Appointment Line: [512-466-4454](tel:512-466-4454) -Veterans, Service Members and your families please call this number for information and to schedule appointments.

YWCA <https://ywcaustin.org/counseling-and-referral-center/> –The YWCA Greater Austin offers quality and affordable trauma informed counseling and support services for individuals, couples, families and groups in English and Spanish (and other languages as needed) to address concerns and live healthier lives. Subsidized fees are based on a sliding scale that requires documentation of family income, household dependents, residence, and identity. For women veterans, people receiving compensation from Crime Victim’s Services, and selected daycare centers staff and parents, all counseling services are free.

For more information call: [512-326-1222](tel:512-326-1222)

Mindful Wellness Center of Austin (mindfulwellnessaustin.org) – The Mindful Wellness Center of Austin was founded on the intention to make holistic and mindfulness-based services affordable and accessible to everyone. Their mental health providers are interns (associate status) working towards full licensure, or are fully licensed and offering one or more discounted sessions per month.

For more information email: info@mindfulwellnessaustin.org

Jewish Family Services – Jewish Family Services is the professional human service and mental health branch of Shalom Austin and a beneficiary of the Shalom Austin Annual Campaign. JFS provides a wide array of mental health and support services to the Jewish community and to the wider Austin community, including counseling and psychotherapy, support groups, emergency financial assistance, and community consultation and education programs. Contact JFS at (512) 250-1043 and by e-mail at jfs@shalomaustin.org.

Mood & Mindfulness

Do you feel distracted? Hurried? Preoccupied? This personal development workshop will teach mindfulness techniques that can help participants to be more present and aware in daily life. Mindfulness has the power to improve relationships, increase self-control, boost productivity and can lessen depression and anxiety. For more information, contact Emma Howitt at (512) 250-1043 or emma.howitt@shalomaustin.org. Meets in Room 147.

Every other Tuesday I 2:30-3:30 PM I Ongoing I Free of Charge

Wellness with a Disability

Approximately one in five Americans has a disability. This group provides a safe and supportive place for Jewish adults with disabilities to discuss issues of mutual concern, learn from one another and celebrate community. Discussion topics are determined by the group and may include: dealing with the healthcare systems, accessing resources, connecting with the Jewish community and self-care. Enrollment in this group requires a pre-screening with the facilitator. For more information, contact jfs@shalomaustin.org. Meets in Room 147.

F I 2:00-3:30 PM I Ongoing I Free of Charge

Waterloo Counseling Center <https://www.waterloocounseling.org/> –

Waterloo offers high quality, affordable mental health counseling *in English and Spanish* to the entire community and it has an expertise in serving the LGBTQIA+ community and people living with HIV/AIDS and their loved ones. Fees are based on a sliding scale for people who are uninsured.

314 E Highland Mall Blvd.

Suite 301

Austin, TX 78752

Call: 512.444.9922 or Email: info@waterloocounseling.org