

## Counseling Resources

Whether you have insurance or not, there are many ways to obtain help. If you have insurance, there usually is a number on your insurance card to call for mental health referrals. Most HMOs or PPOs will only cover services provided by providers who are on their provider list. You can find out who is on your insurance company's list by calling the number on your insurance card. Many employers have an Employee Assistance Program or EAP. If your employer has an EAP, you will usually receive a certain number of confidential counseling sessions free of charge. To find out if your company has an EAP, contact your Human Resources office (this may be done anonymously). If you do not have insurance, many of the centers listed below have sliding scale fee programs. You can also call the United Way First Call for Help at 211, or 973-9203 for referrals. A great resource for finding any social service is on the First Call for Help Online at <http://www.211centraltexas.org>

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| <b>Assault Prevention/Anger Management Program</b><br>1030 S. Lamar, Suite H  | <b>326-1717</b> |
| <ul style="list-style-type: none"><li>• This agency provides programs for assault prevention and anger management for individuals who become violent or abusive toward non-family members. Accepts individuals who are court-ordered. Fees: \$60 for level one 8-hour class, and \$200 for level 2.</li></ul>   |                 |
| <b>A New Beginning Bereavement Foundation</b>   | <b>331-1300</b> |
| <ul style="list-style-type: none"><li>• Support for grieving parents and children.</li></ul>  |                 |
| <b>Austin Academy of Individual and Relationship Therapy:</b><br>4201 Bee Caves Rd., Suite C-213  | <b>329-6611</b> |
| <ul style="list-style-type: none"><li>• This agency is a private practice group led by Michael Bishop, LMFT., and Anne Marie Fleming, LMFT. They provide individual, marriage, and family counseling to children and adults. They also provide group services in some of the middle schools on anger management, divorce, and grief and loss. Offers sliding fee scale (\$16-\$65).</li></ul> |                 |
| <b>Austin Center for Life Enrichment</b><br>8705 Shoal Creek, Suite 101   | <b>451-9809</b> |
| <ul style="list-style-type: none"><li>• This agency provides counseling for children, adults, and couples using a holistic approach. Sliding fee scale available. Some insurance accepted.</li></ul>  |                 |

**Austin Child Guidance Center**

**451-2242**

810 West 45<sup>th</sup> Street

- Provides individual, group, and family counseling. Areas of specialization include emotional, social or behavioral problems, low self-esteem, depression, sexual/physical abuse, neglect, school adjustment problems, at-risk youth, victims or witnesses to violence. Also provides psychiatric evaluation, psychological and neuropsychological assessments, assessments for learning disabilities and attention deficit disorders, intelligence testing, play therapy, and outdoor experiential activities for children and their families. Services available in Spanish. Offers sliding fee scale to income eligible individuals and accepts insurance. <http://www.austinchildguidance.org/>

**Austin Men's Center**

**477-9595**

812 W. 11<sup>th</sup> Street, Suite 201

- This agency provides individual and group counseling for men and women. Also provides an anger management course designed to manage and transform anger into non-destructive and creative behavior. Does not accept clients who are court-ordered to seek treatment for family violence. Fees: sliding scale and some insurance. <http://austinemenscenter.com>

**Austin Stress Clinic**

**326-1717**

1030 South Lamar

- Provides counseling for individuals and couples for issues of anger, substance abuse, post traumatic stress, adult survivors of abuse (physical, psychological or sexual), stress management, communication problems, and conflict resolution. Offers a variety of classes, most are approx. \$25 per class.

**Capital Area Mental Health**

**302-1000**

1106 Clayton Lane, Suite 105

- This agency provides low-cost, no-session-limit counseling to individuals, couples, families, and groups. Sliding fee scale (\$8-\$30). No insurance. <http://www.camhc.org>

**Counseling for Individuals and Couples**

**454-3685**

1600 W. 38<sup>th</sup> St., Suite 428

- Private practice group of seven psychologists, two of whom see children: John Godfrey, PhD. sees any age children, Joseph Langford sees children age 10 and above. The group also provides counseling for individuals and couples. Fees: accepts some insurance, call for rates.

**For the Love of Christi**

**467-2600**

2306 Hancock Drive, Austin, TX 78756

- This agency provides support groups for those dealing with the death of a loved one. There are no fees for their service. More info at <http://fortheLoveofChristi.org/>

**Hospice Austin**

**342-4700**

4107 Spicewood Springs Rd., Suite 100

- This agency provides a variety of group counseling support services to address the needs of those dealing with grief and loss. Group fees: \$25 one time donation for 6-week group. Individual counseling is available free for Hospice Austin patients and their families, otherwise it is \$60 per session or on sliding fee scale. They also offer Camp Braveheart in the summer, which is a 3-day, 2-night camp for children ages 6 to 17 that have lost a loved one. The camp is free of charge.  
<http://www.hospiceaustin.org/>

**Hyde Park Counseling Center**

**451-2186**

711 W. 38<sup>th</sup> St., #C-9

- This agency provides Bible-based counseling for children, adults, seniors, and couples. Psychological testing available also. Fees: \$90-\$125, some insurance, Medicaid, and Crime Victim's Assistance accepted.

**Intervention Services-Community Based Services**

**763-0478**

8731 Shoal Creek Blvd., 605 E. University, Georgetown

- This agency provides outpatient psychotherapy for children, adolescents, adults, families, and couples. Also offers play therapy and group therapy. Sliding scale from \$0 (for those who are below 50% of the poverty level) \$12.50, \$18.75, \$25 to full fee. Accepts Medicare, Medicaid, private insurance, self-pay.  
<http://www.interventionservices.org>

**Jewish Family Services**

**250-1043**

11940 Jollyville Road, #1255

- This agency provides counseling, mental health, and case management services to individuals, couples and families. Also offers case management to families who are caring for an elderly family member or a family member with a chronic illness or

disability. Offers support groups for older adults, people with disabilities, interfaith couples, single parents, caregivers for family members with Alzheimer's disease, and families coping with divorce. \$5-\$90 per session, offers sliding fee scale to income eligible. <http://www.jcaaonline.org>

**Legends of St. David's Pavillion**

**867-5800**

1025 East 32<sup>nd</sup> St., 3<sup>rd</sup> Floor

- Provides inpatient hospitalization and partial (day) hospitalization for adults 55 and older. Provides diagnostic services and treatment for the mental health issues of older adults: mood disorders, major depression, adjustment disorders of aging, cognitive and behavioral changes due to organic causes, and other psychiatric disorders of the older adult are treated by an interdisciplinary team of professionals. Accepts insurance. No sliding fee scale.

**Lifeworks**

**24-hour Hotline 735-2400**

1221 W. Ben White Blvd., Suite 108-A

735-2400

2001 Chicon Street

735-2100

8913 Collinfield Drive (North Austin)

324-6870

1009 Georgetown St., Round Rock, TX

244-8440

- This agency provides free counseling to youths, ages 7-17, and their families who are experiencing conflict with truancy, family, school, law, abuse, crime, abandonment, or homelessness; individual adults who face stressful life challenges; and couples who experience conflict. Also assists those affected by family violence. The agency also offers an emergency shelter for adolescents. <http://lifeworksaustin.org/>

**New Life Institute**

**469-9447**

4001 Speedway in the Hyde Park United Methodist Church building

- This agency offers counseling, mediation, education, training, and spiritual direction, using a multidimensional approach to emotional well-being and spiritual wholeness. Associated with the United Methodist Church (Austin District), New Life Institute serves people regardless of faith orientation or practice. Sliding fee scale available. <http://www.newlifetexas.org>

**New Pathways, Inc.**

**TTY: 716-0002**

**Phone: 716-0001**

102 Old Bowman Rd., Suite C, Round Rock

- Provides licensed, professional counseling to individuals, groups, and families for children, adolescents, and adults. Specialization is working with at-risk youth, juvenile offenders, and the special needs community, including the deaf and hard-of-hearing. Counseling available in American Sign Language. Ongoing counseling groups are

offered. Offers sliding fee scale (\$8-\$72/hr); accepts self-pay, Medicare, Medicaid, and private insurance. <http://www.newpathwaystherapy.com/>

**Pflugerville Center for Life Fulfillment—St. Patrick Catholic Church 989-1152**  
1202 FM 685, Suite C-2, Pflugerville

- This agency provides individual, couple, and family counseling (psychotherapy) for all ages.

**Safeplace**

467-7233

1515-A Grove Blvd

- This agency provides a variety of services to women and children. Their mission is to end rape, sexual abuse and domestic violence. They provide emergency shelter and individual counseling for those who have witnessed or experienced domestic violence, sexual abuse/assault, or dating violence. Call for fees. <http://www.austin-safeplace.org>

**Samaritan Center for Counseling and Pastoral Care**

5425-A Burnet Road

1420 Palm Valley Blvd., Round Rock, TX

129 West Hutchinson, San Marcos, TX

451-7337

451-7337

392-7091

- Provides counseling to individuals, couples, and families. Counselors are trained in behavioral sciences and in spirituality; religious resources are available. Also provides "Children Caught in the Middle," a class for divorcing parents. Accepts Medicare and private insurance; scholarships available to those who are eligible; \$15 fee for intake appointment. <http://www.samaritan-center.org>

**Seniority Counseling and Consultation**

218-9555

102 Old Bowman Rd., Suite C, Round Rock

- This agency provides counseling to individuals, couples, and groups. Specializes in working with older adults and their families. Counseling services include: caregiver stress, decreased coping skills, life transitions, family conflict mediation, unresolved grief, depression, anxiety, and emotional trauma and crisis. Also offers geriatric care management. In home counseling available for seniors. \$90/hr.; offers sliding fee scale based on income: \$25 minimum; accepts Medicare, Medicaid, private insurance and self-pay.

**SIMS Foundation**

**494-1007**

2306 Lake Austin Blvd

- This agency provides mental health services to musicians and their immediate families in the greater Austin area. \$10 co-pay per session. <http://www.simsfoundation.org>

**Teen and Family Counseling Center**

**327-5040**

3536 Bee Caves Rd. #100, Austin, TX 78746

- Provides substance abuse counseling and therapy for adolescents and families.

**Texas State University Counseling Practicum Clinic**

**245-2208**

12515 Mellow Meadow Dr., Round Rock Higher Education Center

- This agency provides family and individual counseling for children, adolescents, adults, couples, and families. Counseling is provided by supervised advanced, graduate-level interns. Appointments are available days and evenings. Clients must agree to be videotaped. Initial session: free; sliding scale available and no individual will be turned away on the basis of payment.

**University of Texas Counseling Center**

**471-3515**

- Provides comprehensive mental health services to U.T. students through direct services such as individual, group, and relationship counseling/therapy; urgent care; psychiatric services; structured and process-oriented group programs; and a 24-hour telephone counseling service.

**University of Texas Department of Psychology**

**471-3393**

108 E. Dean Keeton St

- Provides free, short-term cognitive-behavioral counseling to individuals. Emphasis is on those with mood and anxiety disorders such as depression, anxiety, panic, and phobias. Includes psychological testing and assessment. Call to schedule intake and to be put on waiting list. Counseling is provided by supervised, PhD-level, therapists-in-training, and is offered at the beginning of the spring and fall semesters.

**Veterans Administration Readjustment Counseling Center**

**416-1314**

- Provides individual, family, or group counseling to veterans who served during combat hostilities, OR any veteran who was sexually assaulted/harassed during any period of military duty. Counseling specialization includes Posttraumatic Stress Disorder, sexual trauma, relapse prevention related to chemical dependency. The center also provides assistance with accessing other VA services and benefits. Fees: free to veterans.

**Waterloo Counseling Center**

**444-9922**