

Mental Health Crisis Resources

****If you are in crisis or need immediate help, please dial 911****

LOCAL EMERGENCY INTERVENTIONS

TRAVIS COUNTY

Integral Care Psychiatric Emergency Services

Richard E. Hopkins Behavioral Health Building

1165 Airport Blvd., Second Floor, Austin, TX 78702

24/7 Crisis Line: (512) 472-HELP(4357)

Hours: Mon-Fri 8:00am-10:00pm, Sat-Sun and Holidays 10:00am-8:00pm

Austin Police Department Crisis Intervention Team: 512-854-3450

Travis County Crisis Intervention Team: 512-854-3430

Pflugerville Police Department: 512-990-6700

Youth Helpline/Lifeworks 24 Hour Hotline: 512-735-2400

WILLIAMSON COUNTY

Bluebonnet Trail Community Services

24/7 Crisis Line: 1-800-841-1255

Williamson County Mobile Crisis Outreach Team: 512-943-3545

PSYCHIATRIC INPATIENT FACILITIES

Austin Oaks Hospital

1407 W. Stassney Ln., Austin, TX 78745

512-440-4800

Hours: 24/7

Cross Creek Hospital

8402 Cross Park Dr., Austin, TX 78754

877-971-6689

Hours: 24/7

Dell Children's Grace Grego Maxwell Mental Health Unit

4900 Mueller Blvd., Austin, TX 78723

512-324-0029 (answered 24/7)

*This facility does not take walk-ins; must
call to schedule an assessment

Georgetown Behavioral Health Institute

3101 S. Austin Ave, Georgetown, TX 78626

512-819-1154

Hours: 24/7

HOSPITAL EMERGENCY ROOMS

North Austin Medical Center Emergency Room: 512-901-1100

Brackenridge Emergency Room: 512-324-7010

Dell Children's Emergency Room: 512-324-0000

Seton Emergency Room: 512-324-1010

Seton Northwest Emergency Room: 512-324-6010

Seton Southwest Emergency Room: 512-324-9010

St. David's Emergency Room: 512-397-4240

NATIONAL RESOURCES

HOTLINES/TEXT LINES

National Suicide Prevention Lifeline: 1-800-273-8255

Ayuda en Español: 1-888-628-9454

Crisis Text Line: Text NAMI to 741741

LIVE CHAT PROGRAMS

I'm Alive

<https://www.imalive.org/>

Live online network using instant messaging to respond to people in crisis

Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/chat/>

SMARTPHONE APPS

My 3

This app allows users to plan ahead by listing 3 personal contacts who can be called in times of crisis and creating their own safety plan where they can detail their own warning signs, coping strategies, and ideas to keep themselves safe. It also provides an easy link to National Suicide Prevention Lifeline phone number.

For more information: <http://my3app.org/>

Operation Reach Out

This app is created by the military but useful for all people. It is a free intervention tool that helps people having suicidal thoughts get help.

For more information: http://www.4mca.com/suicide_prevention_app/

Suicide Safety Plan

This app walks users step-by-step through the creation of a safety plan. It includes listing personal warning signs, coping strategies, places for distraction, and contacts to reach out to.

For more information: <http://www.suicideapp.com/>

HELPFUL WEBSITES

American Foundation for Suicide Prevention

Survivors of Suicide

Suicide Awareness Voices of Education

National Institute of Mental Health

National Alliance on Mental Illness—Austin

Suicide Prevention Resource Center

National Suicide Prevention Lifeline

www.afsp.org

www.survivorsofsuicide.com

www.save.org

<https://www.nimh.nih.gov/index.shtml>

<https://www.namiaustin.org/>

www.sprc.org

www.suicidepreventionlifeline.org