

MENTAL HEALTH

Local Mental Health Authority- Integral Care

- Intensive Case Management Services: Call the 24/7 Crisis Hotline at 512-472-HELP(4357) *Travis County*
- Juvenile TCOOMMI (Special Needs Diversion Program) Youth Ages 10-17 on probation who meet eligibility requirements and have a parent/guardian willing to participate in intensive in-home services
- Family Peer Support Groups www.namiaustin.org
- Youth Empowerment Services (YES) Waiver 512-804-3191

Mental Health Crisis Management

- MCOT: Mobile Crisis Outreach Team-available 24/7 through Integral Care to provide onsite Crisis assessments call 512-472-HELP (4357) **TRAVIS COUNTY**
- CIT (Williamson County Only): Call 911 to have a crisis intervention team members dispatched to your location
- Pflugerville Police Department: 911 to have Mental Health Officers dispatched to home. School Resources Officers are also available on all high school campuses.

Mental Health Evaluations:

- Georgetown Behavioral Health Institute: Free 24/7 assessments for adolescents starting at age 12, inpatient and outpatient psychiatric treatment. 512-819-1154.
- Cross Creek: Free 24/7 assessment (offer some mobile assessment as well) for adolescents aged 14-17, inpatient only 877-971-6689
- Austin Oaks: Free 24/7 assessment for children and adolescents (located south Austin)- inpatient and outpatient services 512-440-4800
- Shoal Creek: Contact the behavioral health navigator at 512-324-2039

- Seton Psychiatric Emergency Department-For Treatment Only (Not Free)
Dell Seton Medical Center at The University of Texas, 1500 Red River Street, Austin, Texas 78701
- Austin Lakes Hospital (18+)- Free 24/7 Assessment 512-544-5253

Substance Abuse

- Phoenix House: Inpatient and outpatient substance abuse Services 888-624-8038
- Cedar Crest: Inpatient and Outpatient psychiatric Belton, TX 855-660-6189
- Palmer Drug Abuse Program-Free Services to teenagers and parents (Groups)

Program Name	Program Info	Contact
Austin Anxiety and Behavioral Health Services	General Anxiety, Panic, Agoraphobia, PTSD, Depression, Obsessive Compulsive and Related	3000 Joe DiMaggio Blvd, Suite 66 Round Rock, TX 78665 http://austinanxiety.com/our-team
Austin Child Guidance Center	Free Walk-in Counseling Services Tuesdays 5-7p & Friday 2-4p	512-451-2242 https://www.austinchildguidance.org/
Bluebonnet Trails-Williamson County Mental Health Authority	24 Hour Crisis Line, Counseling and Medication Management	1-844-309-6385 Crisis Hotline- 1-800-841-1255 http://bbtrails.org/services/
Crisis Text Line	Free 24/7 Text line for people in Crisis.	Text Hello to 741-741

Eating Recovery Center	Adolescent Partial Hospitalization and Intensive Outpatient Programing for Eating Disorders NW Austin	877-711-1690 https://www.eatingrecoverycenter.com/
Georgetown Behavioral Health	Adolescent Partial Hospitalization/Intensive Out Patient ages 12-17	877-500-9151 http://www.georgetownbehavioral.com/
Heart and Head Healing Pflugerville (Insurance Accepted)	Counseling serving Tweens, Teens, Adults and families. Serving Lesbian, gay bisexual and transgender youth	512-989-1152 http://heartandheadhealing.com/services/ BCBS of TX, CHIP, Medicaid, & Health Select. I also take Superior Medicaid & CHIP, Ambetter, Magellan, Cigna, Traditional Medicaid, Medicare, and Tricare.
Hospice Austin	Grief Counseling and Groups	512-342-4700
Holistic Mental Health Services Psychiatry	Medication Management	4131 Spicewood Springs Rd Austin, TX 78759 512-562-9117 (Takes BC/BS PPS and Seton Plan)
Insight Psychology and Behavioral Health, Ronnette Ballard Psychologist Multiple Therapist	Mood and Anxiety Disorders/Intensive Body Dysmorphia, depression, self-harm Psychological evaluation.	305 N Heatherwilde Blvd #310, Pflugerville, TX 78660 512-704-8349 http://www.insightbhc.com/treatment-centers/round-rock/ (Insurance and Private Pay)

Lifeworks- Austin	Free Counseling, Education & Workforce and Housing services in	512-324-6870 http://www.lifeworksaustin.org/
LoneStar Circle of Care- Behavioral Health-Round Rock	Counseling and Medication Support	877-800-5722 https://lonestarcares.org/service/behavioral-mental-health/
Phoenix House	Inpatient and Outpatient for substance abuse/use	1-88-671-9392
Seton Mind Institute	Psychiatric Services/ Medication Support	512-324-3380
Specialty Clinic of Austin Psychiatry	Medication Management	4515 Seton Center Pkwy Ste #175 Austin, TX78759 512-382-1933 (Takes most insurance)
Starry Counseling- Round Rock	Free Counseling	512-388-8290 http://www.starry.org/Site/Services/Counseling-Program/
Thriveworks- Angela Ziskis, Phd Pflugerville/Au stin (Insurance Accepted including Medicaid)	Mood and Anxiety D/O; Gender Dysphoria, Dialectical Therapy (DBT),	512-955-3074 http://thriveworks.com/austin-counselors/
Texas Foster Care Youth Justice Project- TRLA	Free legal advice and assistance for current and former Texas Foster Youth	1-877-313-3688 www.texasfosteryouth.org www.trla.org

Texas State University Counseling	Free Counseling	1555 University Blvd Round Rock, TX 78665 512-716-4250
The Victorious Mind, PLLC Rico Mosby, PhD Psychologist	Counseling	103 S. 12 th Street Suite 201 Pflugerville, TX 78660 806-441-9022 thevictoriousmind@yahoo.com
University High School, Austin	Sober High School West Campus Area (UT)	512-382-0072 http://uhighschool.com/
Wonders and Worries	Individual/Group Support for children through a parents illness	9101 Burnet Road, Suite 107 Austin, TX 78758 Tel: 512-329-5757 https://www.wondersandworries.org/