

# Mental Health Crisis Resources

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**\*\*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

**Pflugerville ISD Police Department:** 512-594-1990

**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

[www.austinoakshospital.com](http://www.austinoakshospital.com)

Hours: 24/7

#### **Dell Children's Behavior Health**

4900 Mueller Blvd., Austin, TX 78723

512-324-0029 (answered 24/7)

[www.dellchildrens.net/behavioral-health/](http://www.dellchildrens.net/behavioral-health/)

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

#### **Cross Creek Hospital**

8402 Cross Park Dr., Austin, TX 78754

877-971-6689

[www.crosscreekhospital.com](http://www.crosscreekhospital.com)

Hours: 24/7

#### **Georgetown Behavioral Health Institute**

3101 S. Austin Ave, Georgetown, TX 78626

512-819-1154

<https://www.georgetownbehavioral.com/>

Hours: 24/7

## PARTIAL HOSPITALIZATION & INTENSIVE OUTPATIENT PROGRAMS

#### **Eating Recovery Center**

12221 Renfert Way, Suite 250

Austin, TX 78758

(512)549-6989

[www.eatingrecovery.com](http://www.eatingrecovery.com)

#### **Insight Behavioral Health**

1 Chisolm Trail, Suite 5100

Round Rock, 78681

(512)767-6060

[www.insightbhc.com](http://www.insightbhc.com)

#### **Rock Springs Changes**

1335 E. Whitestone Blvd, #Z200

Cedar Park, TX 78613

(737)808-1700

[www.changescedarpark.com](http://www.changescedarpark.com)

## **HOSPITAL EMERGENCY ROOMS**

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

**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/](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

[www.afsp.org](http://www.afsp.org)

Survivors of Suicide

[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

Suicide Awareness Voices of Education

[www.save.org](http://www.save.org)

National Institute of Mental Health

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

National Alliance on Mental Illness—Austin

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

Suicide Prevention Resource Center

[www.sprc.org](http://www.sprc.org)

National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**\*\*For more information, please contact Alexandria Greagrey, OC School Social Worker  
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