



Austin ISD Mental Health Resource Guide

Crisis Services

988

SUICIDE & CRISIS
LIFELINE

The 988 Suicide & Crisis Lifeline offers free, confidential, 24/7 support for anyone experiencing mental health struggles, emotional distress, or substance use concerns.

Caring counselors are always here to listen and help, with dedicated services available for veterans and individuals who are Deaf or Hard of Hearing. You are not alone.

Call or Text 988

www.988lifeline.org



Psychiatric Emergency Services (PES)

A walk-in, urgent care clinic for adults and children experiencing a mental health crisis.

Location: Richard E. Hopkins Behavioral Health Building, 1165 Airport Blvd., Second Floor, Austin, TX 78702.

Services: Crisis stabilization, safety planning, short-term support, medication, and connections to ongoing care.

Mobile Crisis Outreach Team (MCOT)

A mobile team of mental health professionals who travel to a person in the community to de-escalate and evaluate a mental health crisis. Services: Face-to-face urgent assessments, safety planning, and coordination with local law enforcement or EMS if immediate safety risks exist.

512-472-HELP (4357)

www.integralcare.org/program/247-crisis-helpline

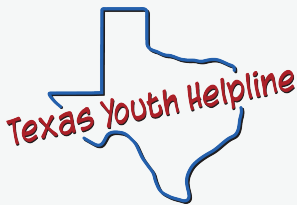
CRISIS TEXT LINE |

Access to free, 24/7 support via text messaging, WhatsApp, and Chat via the website.

Text HOME to 741741 from anywhere in the United States – 24/7, free, confidential. A live, trained volunteer Crisis Counselor will receive your text and respond with care and compassion. They're here to listen, support you, and help you move from a hot moment to a cool calm.

Text HOME or HOLA to 741741

www.crisistextline.org/



The Texas Youth Helpline provides free and confidential services to youth, their parents, and other family members of youth in crisis who need help finding a counselor, safe shelter, legal information, other local referral information, or just someone to talk to.

Whether you contact us by phone, text or chat, you are not required to share your name or address. We are not a reporting hotline, and we are not associated with law enforcement.

Call or Text 1-888-421-0553

www.dfps.texas.gov/youth-helpline



Call the Texas Abuse Hotline (1-800-252-5400) if your situation is urgent and needs to be investigated within 24 hours.

Call 911 or your local law enforcement agency if you have an emergency or life-threatening situation that must be dealt with immediately.

1-800-252-5400

www.dfps.texas.gov/contact_us/report_abuse



Austin ISD Mental Health Resource Guide

Counseling Services



Contact Information:
512-472-HELP (4357)
info@integralcare.org



Services:
Individual & family therapy.
Psychiatry and case management services.



Contact Information:
(512) 302-1000
info@cacaustin.org



Services:
Low cost-Individual, group, and family therapy.



Contact Information:
(512) 451-2242
info@austinchildguidance.org



Services:
Child/family counseling, testing, and parenting support.



Contact Information:
(512) 394-7249
texasbh@yapinc.org



Services:
Mental health support for Medicaid-eligible youth.



Contact Information:
(512) 735-2100
LWinfo@lifeworksaustin.org



Services:
Free or low-cost therapy for individuals and families



Contact Information:
(512) 250-1043
jfs@shalomaustin.org



Services:
Counseling, support, discussion groups.



Contact Information:
(877) 800-5722
info@lscctx.org



Services:
Psychotherapy, psychiatry, and outpatient substance use care.



Contact Information:
(512)356-1553
counseling@safeaustin.org



Services:
Free, confidential counseling for survivors of abuse.