

MENTAL HEALTH ASSOCIATION IN TEXAS



Austin Area Guide to Information & Support Resources

This brochure provides information and support resources for topics related to mental health and mental illness. Some of the numbers listed for support groups are residential. Please call at reasonable hours during the day and only call when asking for information about the group.

The organizations listed in this book do not necessarily reflect the views or philosophy of the Mental Health Association in Texas.

If you are unable to find the information you need in this brochure, we suggest you contact First Call for Help at 324-1899, which provides comprehensive information and referral services to the Austin community. For crisis services, please contact the Austin Travis County Mental Health and Mental Retardation Center Crisis Hotline at 472-HELP (4357).

Key Messages from the United States Surgeon General, Dr. David Satcher, about mental health:

- Mental health is fundamental to a person's overall health, indispensable to personal well being and instrumental to leading a balanced and productive life.
- If you or a loved one, are experiencing what you believe might be the symptoms of a mental disorder, do not hesitate to seek effective treatment now.
- While there is not a single solution to any mental disorder, most people with mental disorders have treatment options – including medications, short-term psychotherapy, and community based supportive services.

If you are not in the Austin area, please contact your local Mental Health Association affiliate for resources available in your area.

MHA in Abilene

P.O. Box 7282
Abilene, Texas 79608
915-673-2300 Office
www.abilenementalhealth.org

MHA Beaumont & Jefferson Co.

670 North 7th Street
Beaumont, Texas 77702-1741
409-833-9657 Office
www.mentalhealthbeaumont.org

MHA Greater Dallas

624 N. Good-Latimer Expy., Ste. 200
Dallas, Texas 75204
214-871-2420 Office
www.mhadallas.org

MHA Ft. Bend County

10435 Greenbough Dr.
Building II, Suite 200
Stafford, Texas 77477
281-261-1876 Office
www.mhafbc.org

MHA Greater Houston

2211 Norfolk St., Ste. 810
Houston, Texas 77098
713-523-8963 Office
713-522-5161 I & R
www.mhahouston.org

MHA Greater San Antonio

8431 Fredericksburg Rd., Ste. 110
San Antonio, Texas 78229
210-614-7566 Office

MHA Tarrant County

3136 West 4th Street
Ft. Worth, Texas 76107-2113
817-335-5405 Office
www.mhatc.org

MHA Tyler

113 East Houston Street
Tyler, Texas 75702
903-592-0582 Office
www.bigsandlittles.com

AGING / OLDER PERSONS

Information Resources

Administration on Aging – National Aging Information Center
800-677-1116, www.aoa.dhhs.gov

AARP – Texas Office (American Association of Retired Persons)
512-480-9797, www.aarp.org

Area Agency on Aging – Capital Area
512-916-6062, www.aacap.org

National Alzheimer's Disease Education and Referral Center
800-438-4380, www.alzheimers.org

St. David's Pavilion (free mental health assessment for older adults)
512-867-5800, www.stdavidspavilion.com

Support Resources

AGE (Austin Groups for the Elderly)
512-451-4611

Computer Center for People Over 55
512-451-4611

Alzheimer's Association – Greater Austin Chapter
512-241-0420

Alzheimer's Support Group – Seton Shoal Creek Hospital
512-324-2000

Family Eldercare: 512-450-0844

Gray Panthers: 512-458-3738

Hospice Austin: 512-342-4700

North Senior Citizen Center
512-474-5921

Texas Long-Term Care Ombudsman Program
800-252-2412

West Austin Care Givers: 512-472-6339

ANXIETY

Information Resources

Anxiety Disorders Association of America
301-231-9350 or 202-363-1010,
www.adaa.org

Mental Health Association in Texas
512-454-3706, www.mhatexas.org

National Center for Post Traumatic Stress Disorder
802-296-5132, www.ncptsd.org

Support Resources

NIMH Hotline for Depression and Panic Disorder
800-421-4211

Obsessive/Compulsive Mutual Support Group
512-292-9308

CLINICAL TRIALS (For Psychiatric Medications)

National Institute of Mental Health
Clinical Trials Information
301-443-4513,
www.nimh.nih.gov/studies/index.cfm

FutureSearch Clinical Trails,
Mental Health Clinic
512-380-9925

CONSUMER PROTECTION

Information Resources

Advocacy, Incorporated: 512-454-4816

Texas Department of Human Services
Nursing Home Complaints
800-458-9858

Texas Department of Insurance Complaint Line
800-252-3439

Texas Department Mental Health and Mental Retardation Client Rights Hotline
800-252-8154

Texas Department of Protection and Regulatory Services

- Adult Abuse State Hospitals & State MHMR Schools
800-252-5400
- Child Protective Services:
800-252-5400

Police Complaints

- Austin Police Department:
512-974-8500
- Travis County Sheriff's Department:
512-472-9713

CRIMINAL JUSTICE ISSUES

Information Services

National GAINS Center for People with
Co-Occurring Disorders in the Justice System
800-311-4246, Menu "3"
www.prainc.com/gains/index.html

Texas Council on Offenders with Mental
Impairments (TCOMI)
512-406-5406,
www.tdcj.state.tx.us/tcomi/tcomi-home.htm

Support Services

Crime Victims' Compensation Fund –
Attorney General's Office:
936-1200 or 800-983-9933

Inmate Families Organization
512-442-4637, www.inmatefamilies.org

Texas Department of Criminal Justice –
Hotline for Inmate's Health Concerns:
936-437-4271

DEATH / BEREAVEMENT

Support Resources

Center for Infants Loss: 800-859-3603

For the Love of Christi: 512-467-2600

Grief and Loss Group: 512-327-1961

Grief Recovery Help Line: 800-445-4808

Hospice Austin: 512-342-4700

Life After Loss: 512-919-1911

Pet Loss Support Services: 512-837-7985

Pregnancy Loss Support Group
512-282-4123

DEBT

Consumer Credit Counseling
447-0711 x 00

DEPRESSION

Information Resources

Depression & Related Affective
Disorders Association
410-955-4647, www.med.jhu.edu/drada

John Hopkins School of Medicine -
Depression Website
www.DepressedTeens.com

Mental Health Association in Texas
512-454-3706, www.mhatexas.org

Support Resources

Austin Depressive and Manic
Depressive Group
512- 444-1036

Central Austin Depressive and Manic
Depressive Group
512-331-6866

NIMH Hotline for Depression and
Panic Disorder
800-421-4211

DISASTER SERVICES

American Red Cross
800-928-4271, www.redcross.org

DIVORCE / CUSTODY

Support Resources

Divorce Support Groups (Riverbend Church)
512-327-3540

Men and Father's Resource Center and Texas
Fatherhood Initiative
512-472-DADS (3237)

EATING DISORDERS

Information Resources

American Anorexia/Bulimia Association
212-575-6200, www.aabainc.org

Eating Disorders Awareness & Prevention, Inc.
800-931-2237, www.edap.org

Eating Disorder Information and Referral Line
800-931-2237

Lifelines Foundation for Eating Disorders
www.LFED.org

Support Services

Eating Disorders Anonymous: 512-442-7076

Over-Eaters Anonymous: 512-327-2802

EMPLOYMENT / UNEMPLOYMENT

Information Resources

Equal Employment Opportunity Commission
202-663-4900, www.eeoc.gov

Job Accommodation Network
800-526-7324, <http://janweb.icdi.wvu.edu>

National Empowerment Center
800-769-3728, www.power2u.org

Support Resources

Goodwill Industries of Central Texas
512-637-7100

Goodwill Temporary Services: 512-637-7106

Job Support Group: 512-345-8314

FAMILY VIOLENCE

Information Resources

Child Protective Services: 800-252-5400

Family Violence Protection Team
512-974-8535
Spanish Speakers: 512-974-8535

Travis County Children's Advocacy Center
512-472-1164

Support Resources

National Domestic Violence Hotline
800-799-SAFE (7233)

Safe Place: 512-267-SAFE (7233)

GAMBLING

Information Resources

Texas Council on Problem and
Compulsive Gambling
800-742-0443,
www.tcada.state.tx.us/faqs/gambling.html

Support Resources

Gamblers Anonymous: 512-860-2958

HEALTH INSURANCE

Information Resources

Texas Department of Insurance
512-463-6169, www.tdi.state.tx.us

Texas Health Insurance Risk Pool Health
Insurance for Texas with Uninsurable
Medical Conditions
888-398-3927, www.txhealthpool.org

STARLink – Helping People in Medicaid
Managed Care
888-566-8989, www.txheart.org

Support Services

Patients' Assistance League
888-777-3750, www.the-pal.org

CIDC (Chronically Ill & Disabled Children)
512-458-7355

HOSPITAL & MEDICAL PROVIDER RESOURCES

Capital Area Psychological Association,
Information & Referral Service:
512-451-4983

Seton Good Health,
Education/Support Information
512-324-4450

St. David's Medical Center: 512-482-4100

Therapy Referral Network
www.therapy-referral.com

IMMIGRANT SERVICES

Information Services

Immigrant and Refugee Services of America
202-797-2105, www.irsa-uscr.org

Support Services

Casa Marianella
(shelter for recently arrived immigrants)
512-328-5571

Political Asylum Project of Austin (PAPA)
512-478-0546

Sunrise Center
(mental health services for refugees,
immigrants, and asylum seekers)
512-465-9535

LEARNING DISABILITIES

Information Resources

Autism Society of America/Foundation
301-657-0881, www.autism-society.org

Children and Adults with Attention
Deficit/Hyperactivity Disorder (CHADD)
800-233-4050, www.chadd.org

Learning Disabilities Association of Texas
512-458-8234,
[http://ourworld.compuserve.com/homepages.L
DAT/ldat.html](http://ourworld.compuserve.com/homepages.LDAT/ldat.html)

Support Resources

ADHD Group: 512-292-1518

AISS Dyslexia: 512-414-4660

Austin Area International Dyslexia Association
512-703-6900

Austin Branch of the Orton Dyslexia Society
512-452-7658

Capital Area Easter Seal Society
512-478-2581

LEGAL

Information Services

Advocacy, Incorporated
800-252-9108 or 512-454-4816 (Ask for Intake)
www.advocacyinc.org

Family Law Hotline: 512-476-1866

Travis County Children Advocacy Center
512-472-1164

Texas Legal Services Center
800-622-2520, www.tlsc.org

MEDICATIONS (Access to)

Information Resources

FutureSearch Medication Trials and Clinic
512-380-9925

Needy Meds
www.needy meds.com

Patient Assistant Programs:

Most pharmaceutical companies offer free medications to low income individuals. Call the pharmaceutical company and ask for their patient assistance program. More information on these programs can be found at www.pharma.org/patients.

MENTAL RETARDATION/ DEVELOPMENTAL DISABILITIES

Information Resources

The ARC of the Capital Area
(Association for Retarded Citizens)
512-476-7044, www.thearcoftexas.org

Support Resources

Arc of Capital Area: 512-476-7044

Austin Advocates: 512-454-5374

Austin Travis County MHMR Center
Family Support Group
512-472-4357

Down Syndrome Toddlers/Babies
512-892-5087

Texas Advocates: 512-454-6694

MENTAL ILLNESS – GENERAL (see also Sliding Scale Services)

Information Resources

The Center for Mental Health Services
Knowledge Exchange Network
800-789-CMHS (2647), www.mentalhealth.org

Mental Health Association in Texas
512-454-3706, www.mhatexas.org

National Alliance for the Mentally Ill
800-950-6264, www.nami.org

National Mental Health Association
703-684-7722, www.nmha.org

Support Resources

Austin Alliance for the Mentally Ill
512-703-6421

Austin Travis County MHMR Center
Family Support
512-451-0315

Georgetown Area Support Groups
943-3000 x 115

The Self Help and Advocacy Center (SHAC)
512-442-3366

Texas Mental Health Consumers
512-451-3191

NEUROLOGICAL DISORDERS / BRAIN DISORDERS

Information Resources

Brain Injury Association of Texas
512-326-1212, www.biatx.org

National Institute of Neurological
Disorders and Stroke
301-496-5751, www.ninds.nih.gov

Support Resources

Alzheimer's Support Group with Respite Care
(Alzheimer's Association Greater
Austin Chapter)
512-241-0420

Alzheimer's Caregivers & Family Support
512-454-5476

Capital Area Parkinson's Society
512-459-9876

Head Injury Peer Support Group
512-477-8537 or 512-327-5914

OBSESSIVE - COMPULSIVE DISORDER

Information Resources

Mental Health Association in Texas
512-454-3706, www.mhatexas.org

Obsessive Compulsive Information Center
608-827-2470, www.miminc.org

Support Resources

Obsessive – Compulsive Disorder
Mutual Support Group
512- 292-9308

PARENTING

Information Resources

Connections Resource Center for Parenting
512-495-7467, www.connectionscenter.org

Parents as Teachers (Texas Contract)
512-454-3706 x206, www.TxPat.org

Parents as Teachers, National Center
www.patnc.org

Support Resources

Austin Federation of Families for
Children's Mental Health
512-804-3108 (Spanish speakers available)

Any Baby Can: 512-477-1130

Central Austin Tough Love Parent
Support Group
512-479-9334

Child, Inc. (Head Start): 512-451-7361

Children's Partnership: 512-804-3168

Family Forward (formerly Parents
Anonymous)
512-459-5490 x 207

Kids Exchange: 512-467-0803

Lifeworks (intake specialist)
512-735- 2116

Men and Father's Resources and
Texas Father Initiative
512- 472-DADS (3237)

Parents without Partners: 512-335-9700
Lifeworks: 512-735-2100

RELATIONSHIPS

Support Resources

Austin Academy for Individuals and
Relationship Counseling
512-329-6611

Co-Dependents Anonymous
512-243-0884

SCHIZOPRENIA

Information Resources

Mental Health Association in Texas
512-454-3706, www.mhatexas.org

National Alliance for Research on
Schizophrenia and Depression
800-829-8289, www.narsad.org

Support Resources

Schizophrenics Anonymous (NAMI Austin)
512-703-6421

SEXUAL ABUSE / RAPE

Information Resources

Texas Association Against Sexual Assault
512-445-1049, www.taasa.org

Support Resources

SafePlace (Sexual Assault Hotline)
512-267-SAFE (7233)

SEXUAL ADDICTION

Support Resources

Sex Addicts Anonymous: 512-370-9571

Sex & Love Addicts Anonymous
512-440-1494

SEX ORIENTATION

Support Resources

Affirmation (for gay Methodists)
512-451-2329

Allgo, Inc. (Latino/a lesbians & gays)
512-472-2001

Bisexual Network of Austin: 512-370-9573

Bisexual Women's Support Group
512-370-9573

PFLAG (Parents and Friends of
Lesbians and Gays)
512-302-FLAG (3524)

SLIDING SCALE MENTAL HEALTH SERVICES

Austin Travis County MHMR Center
512-447-4141

Austin Academy for Individual and
Relations Therapy
512- 329-6611

Austin Child Guidance Center
512-451-2242

Capital Area Mental Health Center:
512-302-1000
Day Glo Children's Services: 512-448-0187

El Buen Samaritano: 512-441-8128

Future Search Clinical Trials &
Mental Health Clinic
512-380-9925

Insight Center (Eating Disorders)
512-306-7948

The Listening Tree Counseling Services
512-458-2844

Lifeworks (teen and adult counseling)
512-735-2100

Lifeworks Mainline: 512-441-8336

New Life Institute: 512-469-9447

People's Community Clinic: 512-478-4939

Samaritan Center for Counseling
and Pastoral Care
512-451-7337

Safe Place (no charge): 512-267-7233

SIMS (counseling for musicians)
512-494-1007

Women's Counseling and Resource Center
(YWCA): 512- 326-1222

SUBSTANCE ABUSE

Information Resources

National Clearinghouse for Alcohol
and Drug Information
800-729-6686, www.health.org

Texas Commission on Alcohol and
Drug Abuse
512-349-6600, www.tcada.state.tx.us

Support Resources

Al-Anon Information Center (includes Alateen)
512-441-8591

Alcoholics Anonymous – We Agnostics
512-554-9433

Cocaine Anonymous: 512-479-9327

Hill Country Intergroup: 512-444-0071

Narcotics Anonymous: 512-480-0004
Spanish: 512-480-0007

Relapse Prevention Group (YWCA)
512-326-1222

YWCA Chemical Dependency Class
512-326-1222

SUICIDE

Information Resources

American Association of Suicidology
202-237-2280, www.suicidology.org

Suicide Prevention Advocacy Network
770-998-8819, www.spanusa.org

TOURETTE'S SYNDROME

Information Resources

Tourette Syndrome Association, Inc.
800-237-0717, <http://tsa.mgh.harvard.edu>

Support Resources

Tourette's Syndrome Association of Austin
512-246-1089

VETERANS

Information Resources

American Legion State Headquarters
512-472-4138

Support Resources

Re-adjustment Counseling Services
512-416-1314

VICTIM'S SERVICES

Information Resources

Austin Police Department, Victim Services
512-974-5037

Crime Victims Institute –
Attorney General's Office: 512-936-1655

Support Resources

Family Violence Center: 512-974-8535



MENTAL HEALTH ASSOCIATION IN TEXAS

Our Mission

The mission of the Mental Health Association in Texas is to promote mental health, prevent mental disorders and improve the care and treatment of people with mental illnesses through education and advocacy.



Our Vision

The Mental Health Association envisions a just and humane Texas where mental health is the cornerstone of public health, stigma is eliminated and all Texans have access to comprehensive, high quality, culturally competent care.

As more funds become available, more brochures can be printed and distributed to members of the community. Your contribution could make a meaningful difference in the life of a neighbor, friend, or family member.

Donations can be made to:

Mental Health Association in Texas
8401 Shoal Creek Blvd.
Austin, TX 78757

**This brochure can also be
obtained online at:**

www.mhatexas.org



***This brochure was made possible
through donations from:***

[Austin Travis County MHMR](#)

[Seton Shoal Creek Hospital](#)

[Austin State Hospital,
Volunteer Service Council](#)

[Individual Donors](#)