

2013 MENTAL HEALTH EDUCATION & SUPPORT GROUP RESOURCE GUIDE PROVIDED BY NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) AUSTIN

To report an update, call **420-9810** or e-mail info@namiaustin.org. For more information on NAMI Austin, visit www.namiaustin.org. Last update: 12/31/12

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Family-to-Family NAMI Austin	12-week course for families & friends of adults with mental illness. FREE but registration is required.	Varies	Weekly for 12 weeks	Varies	420-9810 info@namiaustin.org
Basics NAMI Austin	6-week course for parents of children & teens (3-17) with mental illness. FREE but registration is required.	Varies	Weekly for 6 weeks	Varies	
Peer-to-Peer NAMI Austin	10-week course for persons living with Mental Illness. FREE but registration is required.	Varies	Weekly for 10 weeks	Varies	
Provider Education NAMI Austin	5-session/15-hour course for mental health workers & professionals. Registration is required.	Varies	Weekly for 5 weeks	Varies	
In Our Own Voice NAMI Austin	1.5-hour public education presentation by trained presenters with mental illness. FREE but registration is required.	Call/e-mail to schedule.	Call/e-mail to schedule.	In-service	
Parents & Teachers as Allies NAMI Austin	2-hour in-service mental health education program for school professionals. FREE but registration is required.	Varies	1 day 2-hour session	In-service	
NAMI Connection NAMI Austin	Peer-directed peer support group for persons living with Mental Illness	6:30-8:30 p.m.	Wednesdays	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	
NAMI Hearts & Minds	Online, Interactive, educational initiative.	Online	Online	www.nami.org/heartsandminds	Online
NAMI Austin Meeting NAMI Austin	Speakers discuss mental health topics. Visit website for current month's program. FREE .	6:30 p.m.	4th Mon	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	420-9810 info@namiaustin.org
Family Support Group NAMI Austin/ATCIC	For families & friends of individuals living with mental illness.	7 - 9 p.m.	2 nd Monday	Austin Travis County Integral Care 1700 S Lamar off Collier St Training Rm	Tom Polacheck 804-3690
Family Support Group NAMI Austin	For families and friends of individuals living with mental illness	7 - 9 p.m.	1 st and 3 rd Thursdays	Georgetown Health Foundation - east end Lonestar Circle of Care 2423 Williams Dr Geo,78628	Gina Ferrara 254-541-7216 gina119f@yahoo.com
Family Support Group NAMI Austin	For families and friends of individuals living with mental illness	7 - 9 p.m.	2 nd Thursday	Hill Country Bible Church 12124 RR 620 North-- Austin Room 3.118	Gina Ferrara 254-541-7216
Daughters & Sons Support Group NAMI Austin	For adult children of parents with mental illness.	6:30 - 8:30 p.m.	3 rd Thursday	Contact for location.	Rhonda Sparre 569-8195 rhondasparre@yahoo.com
Families of Young Children Support Group NAMI Austin	For parents of children & teens (3-17) with mental illness.	7 - 8:30 p.m.	2 nd Thursday	Lifeworks facility -835 N Pleasant Valley Road, Austin 78702 Room A112.2- ask at reception desk	Sylvia Pope pope.sylvia@rocketmail.com 512-797-8714
Family Support Group	For families & friends of persons with mental illness.	7 - 9 p.m.	3 rd Monday	Seton Shoal Creek Hospital 3501 Mills St	Ermine Smith 244-9706
Williamson County Family Support Group	For families & friends of persons with mental illness.	6:30 - 8:30 p.m.	2 nd & 4 th Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Round Rock TX	Leo De La Garza 656-3914
Austin Clubhouse	www.austinclubhouse.org	Varies	Varies	4425 Red River St Austin	925-5877
PLAN of Central TX	Planned Living Assistance Network www.planctx.org	Call for info	Call for Info	4110 Guadalupe St Bldg 781 Office 410	-851-0901
Austin Area Mental Health Consumers/SHAC	For individuals with mental illness	Numerous	Numerous	3205 S 1 st St Austin 78704	442-3366 admin@austinmhc.org
Family Support Co-op NAMI Austin/AISD/ATCIC Arc of the Capital Area	For families of children with ADD/ADHD & other mental disabilities.	7 - 8:30 p.m.	2 nd Tuesday (School year)	Rosedale Elementary School 2117 W 49 th St off Burnet Rd	 AISD Family and School Support Team 414-2049 or 476-7044
Back to Basics	4-week accelerated behavioral education program to 12 steps of recovery for substance abuse & mental illness.	7- 8:30 p.m. Wednesdays		Communities for Recovery Austin State Hospital 4110 Guadalupe St Peer Recovery Support Center Bldg 635 Cary Lewis cary@cforr.org 758-7691	
Dual Disorders Recovery Anonymous	Recovery Support Programming for people with chemical addiction AND psychiatric disorders.	12-1 p.m. 7- 8 p.m.	Wednesdays Mon. & Fri.		
Kids with OCD	For children 17 and under and their parents	4:30 p.m.	3 RD Saturday	Central Market North 4001 N Lamar Blvd Austin 78759	Laura Tabor Tabor-huerta@iname.com

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NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Borderline Personality Disorder Support Group NEA-BPD	For families & friends of people with BPD. A licensed mental health professional will moderate all group sessions.	7:30 - 9 p.m.	1 st Monday	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	fcaustininfo@gmail.com James Jackson 512-751-7207
Family Connections NEA-BPD	12 week course for families of persons with Borderline Personality Disorder FREE - registration is required	Varies	Weekly for 12 weeks	Austin State Hospital	
ARCIL	Resource Center for Independent Living serving person with disabilities, their families and communities	Contact	Contact	Locations in Austin, Round Rock and San Marcos www.arcil.com	Austin 832-6349 Round Rock 828-4624
Positive Family Coaching	Parenting strategies for children & teens with bibehavioral disorders.	Varies	Varies	3724 Jefferson St Franklin Sq Bldg Ste 207	Linda Classen 346-3123 Ed Gooze 497-2913
Austin Child Guidance	Parent education, therapy, & psychiatric services.	Varies	Varies	810 W 45th St Austin 78751	451-2242 www.austinchildguidance.org
Lifeworks	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Varies	Varies	Locations throughout Austin. Contact for details.	Main Help Line 735-2400 www.lifeworksaustin.org
DBSA Heart of Texas	Peer- directed support groups for individuals 18 years and older living with depression and/or bipolar disorder dbsaheartoftexas@yahoo.com	7 - 9 p.m	Mon & Fri	Seton Shoal Creek Hospital- Cafeteria 3501 Mills St Austin 78731	Bill Newcomb 963-1872 cobra93@io.com
Travis County Counseling & Education Services	Rehabilitative programs for adults & juveniles, including alcohol/drug & family violence.	Contact	Contact	Locations throughout Austin. www.co.travis.tx.us/counseling_education/	854-9540
Eating Disorders Anonymous	www.eatingdisordersanonymous.org	Varies	Varies	Visit website for meeting locations and times	923-3361 StephLCMorris@aol.com
Obsessive-Compulsive Disorder Support Group	Peer Led Self Help for persons with obsessive-compulsive disorder.	7:00 -8:30 p.m.	1 st Tuesday	Please call for information	Bobbi Duncan 828-310-9378
		7:00-8:30 p.m.	3 rd Tuesday	Gethsemane Lutheran Church 200 W Anderson Ln	
H.O.T. Overeaters Anon.	12-step program for individuals who overeat.	Varies	Varies	www.hotig.oagroup.org Meeting Listings	See link.
The Austin Asperger's Syndrome Meetup Group	For children, teens, & adults with Asperger's.	Varies	Varies	www.meetup.com/aspergers-230/ Meeting Listings	See link
Recovery International	Cognitive Behavioral peer led groups for individuals with mood disorders. www.austinrecovery.org Recovery171@lowselfhelpsystems.org	7 - 8:30 p.m.	Mondays	Unity Church of the Hills 9905 Anderson Mill Rd Cedar Park TX	Susan 709-0988
		6:30 - 8 p.m.	Thursdays	St. Catherine of Siena Catholic Church 4800 Convict Hill Rd Administration Bld Rm 210	Steve 686-4844
Samaritan Center for Counseling	Affordable counseling for individuals, families, elderly, veterans, & military families. Hope for Heroes Program	Contact	Contact	Main Office 8956 Research Blvd Bldg #2 (Hwy 183 & Burnet Road)	451-7337 www.samaritan-center.org
Dual Recovery Anonymous	Support group for persons with mental illness & substance abuse.	7 p.m.	Mondays and Fridays	Seton Shoal Creek 3501 Mills Ave Bldg 2	512-263-2101 Ext 183
Austin Recovery	Free Workshops for families of persons with addiction.	10am-12pm	Saturdays	8402 Cross Park Dr Austin 78754	697-8600
Palmer Drug Abuse Program	12-step program for teens & young adults with addiction. Support groups for parents also.	7 - 8 p.m.	Mondays	Riverbend Church Hwy 360 south of Pennybaker Bridge	Main 927-0422 help@pdapaustin.org www.pdapaustin.org
		7- 8 pm.	Thursdays	St David's Episcopal Church 8th and Brazos	
Balanced Mind Foundation	Helps families raising children with mood disorders	See Link	See Link	www.thebalancedmind.org	837-492-8510
Survivors of Suicide	Peer Led Group www.sos-austin.com	6:30-8pm	1 st & 3 rd Tues	St David's North Austin Medical Center Suite C	Linda Davis 560-6115
For the Love of Christi	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8pm	Tuesdays	Christi Center - Hancock Dr www.forthelovechristi.org	467-2600
Texas Suicide Prevention	Council of agencies- Texas Suicide Prevention Plan	Information	Information	www.texassuicideprevention.org	Information
Seton Mind Institute Generations	For Senior Adults experiencing problems with Mental Illness	Contact	Contact	11111 Research Blvd Suite 340 Austin 78758	324-2039 888-918-2039
Alcoholics Anonymous	12-step program for individuals with alcohol abuse.	Contact	Daily	Contact for details. www.austinaa.org	444-0071
Narcotics Anonymous	12-step program for individuals with substance abuse.	Contact	Daily	Contact for details. www.ctana.org	480-0004
Al-Anon	12 step support group for families & friends of persons with substance abuse.	Numerous	Numerous	Varies	www.austinalanon.org www.hilltoppers-afg.org
Easter Seals Central TX	Community Resource	Information	Information	www.eastersealstx.org	Information