

2015 MENTAL HEALTH EDUCATION & SUPPORT GROUP RESOURCE GUIDE PROVIDED BY NAMI (NATIONAL ALLIANCE FOR MENTAL ILLNESS) AUSTIN

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	512-420-9810 info@namiaustin.org	
Basics NAMI Austin	6-week course for parents of children & teens (3-17) with mental illness. FREE but registration is required.		Weekly for 6 weeks			
Peer-to-Peer NAMI Austin	10-week course for persons living with mental illness. FREE but registration is required.		Weekly for 10 weeks			
In Our Own Voice NAMI Austin	1.5-hour public education presentation by trained presenters with mental illness. FREE , must schedule.	Contact to schedule.	Contact to schedule.			
Parents & Teachers as Allies NAMI Austin	2-hour in-service mental health education program for school professionals. FREE , must schedule.	Contact to schedule.	Contact to schedule.			
NAMI Hearts & Minds	Online, Interactive, educational initiative.	Online	Online	Online	www.nami.org/heartsandminds	
NAMI Austin Meeting NAMI Austin	Speakers discuss mental health topics. Visit website for current month's program. FREE .	6:30 p.m.	4th Monday of the month	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Room	512-420-9810 info@namiaustin.org	
NAMI Connection Support Group	For individuals living with mental illness.	6:30 p.m. – 8 p.m.	2 nd and 4 th Wednesdays	Austin/Travis County Integral Care 1700 South Lamar Blvd. Austin, TX 78704	512-420-9810 info@namiaustin.org	
		7 – 8:30 p.m.	2 nd & 4 th Wednesdays	Hillcrest Baptist Church 3838 Steck Ave., Austin TX 78759		
		7 – 8:30 pm	1 st and 3 rd Wednesdays	Bluebonnet Community Services 1009 N Georgetown St., Round Rock TX 78664		
Family Support Group NAMI Austin	For families & friends of individuals living with mental illness.	7 – 8:30 p.m.	3 rd Tuesday	Memorial United Methodist Church 6100 Berkman Dr., Austin, TX 78723	memorial.fsg@namiaustin.org	
		7 – 8:30 p.m.	2 nd Thursday	St. Michael's Episcopal Church 1500 N Capital of Texas Hwy Austin, TX 78746	st.michaels.fsg@namiaustin.org	
		6:30-8 p.m.	4 th Tuesday	Tarrytown United Methodist Church 2601 Exposition Blvd, Austin, TX 78703	tarrytown.fsg@namiaustin.org	
		7 – 8:30 p.m.	2 nd Thursday	Seton Shoal Creek Hospital 3501 Mills Ave, Austin TX 78731 (in cafeteria)	setonshoalcreek.fsg@namiaustin.org	
		6:30-8 p.m.	3 rd Tuesday	Austin Oaks Hospital, 1407 W Stassney Ln, Austin, TX 78745	oaks.fsg@namiaustin.org	
		7 – 8:30 pm	1 st and 3 rd Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Round Rock TX	bluebonnet.fsg@namiaustin.org	
		Daughters & Sons Support Group For adult children of parents with mental illness.	7 – 8:30p.m.	2 nd Wednesday	Austin State Hospital: Canteen/Nifty Fifty Diner 4110 Guadalupe St.	daughtersandsons.fsg@namiaustin.org
		Eating Disorder Group For families and friends of individuals living with an eating disorder.	10:30 am – 12 pm	2 nd Saturday	Faith Lutheran Church - Please contact facilitator before attending for location.	go.recovery08@gmail.com
Family Support Group NAMI Austin/ATCIC	For families and 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 Rm #102	Tom Polacheck 512-804-3690 tom.polacheck@atcic.org	
Austin Clubhouse	Group recovery program for people with mental health diagnosis who are returning to work.	9 am-5pm	Mon-Wed, Fri	610 E. 45th St Austin, 78751 austinclubhouse.org	512-925-5877	
		9 am-3pm	Thursday			
PLAN of Central TX	Planned Living Assistance Network	Call for info	Call for Info	4110 Guadalupe, Bldg 781, Office 410, planctx.org	Debbie Webb, 512-851-0901	
Austin Area Mental Health Consumers/SHAC	For individuals with mental illness	Numerous	Numerous	3205 S 1 st St Austin 78704	512-442-3366 admin@austinmhc.org	
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 Peer Recovery Support Center Bldg 635 cforr.org/	Sachin Kambel 512-758-7691 Robin 512-758-7684	
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			
Tejas Family Guidance Center	Mental health services for families in Austin. Individual, family, couples and group therapy; assessments.	Contact	Contact	1000 Westbank Drive, Austin TX 78746 tejasfamilyguidancecenter.org	512.981.8787 TejasCenterInfo@gmail.com	
ARCIL	Resource Center for Independent Living serving persons with disabilities, their families and communities.	Contact	Contact	Locations in Austin, Round Rock and San Marcos. arcil.com	Austin 832-6349 Round Rock 828-4624	
Dual Recovery Anonymous	12-step meeting for those with dual diagnoses or co-occurring disorders.	7 – 8 pm	Wednesdays	Sage Recovery and Wellness Center 7004 Bee Caves Road Building 2, Suite 200 Austin, TX 78746 sagerecoveryaustin.com	512-306-1394	

To report an update, call 512-420-9810 or email info@namiaustin.org. Visit namiaustin.org for more information about NAMI Austin. Last update: 3/9/15

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Austin Travis County Integral Care (ATCIC)	Mental and behavioral health care provider for Austin and Travis County residents. Various services.	Contact	Contact	Multiple in Austin and Travis county. integralcare.org	512-472-4357 512-472-(HELP)
Bluebonnet Trails	Mental health care provider with various locations and services.	Contact	Contact	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales and Guadalupe counties. bbtrails.org	512-255-1720 1-800-841-1255
Lone Star Circle of Care	Mental healthcare provider with various locations and services.	Contact	Contact	Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock and Taylor. lscctx.org	1-877-800-5722
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 Room	fcaustininfo@gmail.com Eric Kunish efkunish@austin.rr.com
Family Connections NEA-BPD	12 week course for families of persons with Borderline Personality Disorder FREE – registration is required	Varies	Weekly for 12 weeks		
Positive Family Coaching	Parenting strategies for children & teens with bibehavioral disorders.	6:30 – 9 pm	Monday	3724 Jefferson St Franklin Sq Bldg Ste 207	Linda Classen 567-7665 Ed Gooze 497-2913
Austin Child Guidance Center	Parent education, therapy, & psychiatric services for children with mental health needs.	Varies	Varies	810 W 45 th St Austin 78751 austinchildguidance.org	512-451-2242
Lifeworks	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Varies	Varies	Locations throughout Austin. lifeworksaustin.org	Main Line 512-735-2400
DBSA Heart of Texas	Peer- directed support groups for individuals 18 years and older living with depression and/or bipolar disorder.	6:30 – 8 pm	2 nd and 4 th Tuesday	Central Baptist Church Allison House (behind church) 301 N Lake Creek Dr, Round Rock, TX 78681 dbsalliance.org	Robbye Oehlert 512-844-5575 dbsaheartoftexas@yahoo.com
Travis Co. 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/	512-854-9540
Eating Disorders Anonymous	Peer-led eating disorder recovery support.	Varies	Varies	Visit website for meeting locations and times: eatingdisordersanonymous.org	512-923-3361 StephLCMorrison@aol.com
Obsessive-Compulsive Disorder Support Group	Peer Led Self Help for persons with obsessive-compulsive disorder. austinocdsupport.org	7-8:30 p.m.	1 st Tuesday	Red River Church 4425 Red River, Austin, 78751 Conference Room #6	Tom Somyak 512-323-2112 tom@austinocdsupport.org
		7-8:30 p.m.	3 rd Tuesday	Gethsemane Lutheran Church 200 W Anderson Ln, Austin 78752 Music Room (lower level)	
Recovery International	Cognitive Behavioral peer led groups for individuals with mood disorders.	6:30 – 8 p.m.	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd Austin, TX 78749 recovery-inc.org	Steven 512-686-4844 Recovery171@lowselfhelpsystems.org
Samaritan Center for Counseling	Affordable counseling for individuals, families, elderly, military, Hope for Heroes Program, Telepsychiatry.	9 am-6 pm 9 am–5 pm	Mon-Thur Friday	8956 Research Blvd Bldg #2 Austin TX 78758 samaritan-center.org	512-451-7337
Survivors of Suicide	Free peer Led Group sos-austin.com	6:30-8pm	1 st & 3 rd Tues	St David's North Austin Medical Center 2 nd Floor Rm 2-C 12221 Mopac Expressway North, Austin, TX 78758	Linda Davis 512-560-6115
The Christi Center	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8pm	Tuesdays	2306 Hancock Dr Austin, TX 78756 christicenter.org	Erin Spalding 512-467-2600
Texas Suicide Prevention	Council of agencies- Texas Suicide Prevention Plan			texasuicideprevention.org	1-800-273-TALK (8255)
Seton Behavioral Health	Inpatient, outpatient and emergency services provider. http://www.seton.net/behavioral-health-care/	Varies	Varies	Multiple locations, including Seton Shoal Creek Hospital 3501 Mills Ave, Austin, TX 78731	512-324-2039 877-918-2039
Seton Psychiatric Emergency Dept.	University Medical Center Brackenridge Hospital Immediate help for behavioral health emergencies.	24 Hours	7 days/week	601 E. 15th Street, Austin, TX 78701 seton.net/behavioral-health-care/emergency-services	512-324-7000
Psychiatric Emergency Services	Walk-in psychiatric emergency services clinic. integralcare.org/content/psychiatric-emergency-services-pes	8 am-10 pm 10 am-8 pm	Mon-Fri Sat-Sun	56 East Ave. Nadine L. Jay Bldg. Austin, TX 78701	512-472-HELP (4357) 844-398-8252 CrisisInfo@atcic.org
APD and TCSO Crisis Intervention Teams	Specially trained officers and professionals who respond to mental health crisis calls.	24 Hours	7 days/week	Austin Police Department, Travis County Sheriff's Office tcsheriff.org/departments/law-enforcement/central/crt	(512) 854-3450 APD (512) 854-3445 TCSO
UT Austin Anxiety and Stress Clinic	Sliding scale group and individual CBT for stress and anxiety related disorders. FIT program.	Contact	Contact	UT Institute for Mental Health Research clinics.la.utexas.edu/anxiety-and-stress-clinic	(512) 471-7694 anxietystressclinic@utexas.edu