



SOBP

SOCIETY OF
BIOLOGICAL
PSYCHIATRY

Collaborating to reduce suffering from mental illness

Resources for mental health support



You are not alone.

National Resources

Find a therapist in your area with the Psychology Today's Find a Therapist Tool: www.psychologytoday.com

FindTreatment.gov

Millions of Americans have mental and substance use disorders.

1-800-985-5990

24/7 crisis counseling for emotional distress related to a disaster.

1-800-662-HELP (4357)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service.

www.nami.org

Visit the National Alliance on Mental Illness (NAMI) website

www.nimh.nih.gov

Visit the National Institute of Mental Health (NIMH) website

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call or text 988; Llama al 988 (para ayuda en español)



NIMH offers brochures and fact sheets on mental disorders and related topics for patients and their families, health professionals, and the public.

Printed materials can be ordered **free of charge**. Brochures and fact sheets are also offered in digital formats and are available in [English](#) and [Spanish](#).

Order Free Brochures & Fact Sheets

Phone: **1-866-615-6464**
(toll-free)

Local Resources

There is help close to home.

Below are a few community-based organizations that specialize in mental health based in the greater Austin regions

WATERLOO COUNSELING CENTER

waterloocounseling.org |

info@waterloocounseling.org | 512-444-9922

A leading provider of affordable high-quality counseling services for Austin and the surrounding area since 1983. Waterloo provides low cost counseling services and is a place where everyone can receive mental health services in a culturally-affirming and accepting environment.

LIFEWORKS

lifeworksaustin.org | 512-735-2400

Seeking to break the cycle of instability, Lifeworks provides support and services to youth experiencing homelessness. Ending youth homelessness means that we have built a community system that ensures that youth homelessness is rare, brief and non-recurring.

INTEGRAL CARE

integralcare.org | info@integralcare.org | 512-472-HELP (4357)

Supporting adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County. Services include a 24-hour helpline for immediate support; ongoing counseling to improve mental health; drug and alcohol treatment for recovery; and housing to regain health and independence.

HILL COUNTRY MHDD CENTER

hillcountry.org | info@hillcountry.org |

833-426-4332

Mental health, individual developmental disability, and substance abuse services throughout the greater Texas Hill Country (Hays County).

NAMI CENTRAL TEXAS (NATIONAL ALLIANCE ON MENTAL ILLNESS)

NAMICentralTX.org | info@namicentraltx.org | 512-420-9810

NAMI Central Texas is a member of the largest grassroots mental health organization in the United States, the National Alliance on Mental Illness. Dedicated to improving the lives of all individuals affected by mental illness through innovative education, support and advocacy programs. Serving Travis, Williamson, Hays, Bastrop, Burnet, and Caldwell counties.

AUSTIN AREA MENTAL HEALTH CONSUMERS

austinmhc.org | admin@austinmhc.org | 512-442-3366

Support services for people with lived experiences of mental health, substance use, and homelessness.

BLUEBONNET TRAILS COMMUNITY SERVICES

bbtrails.org | 844-309-6385 | 800-841-1255 (24-Hour Crisis Hotline)

Serving Central Texans through early childhood intervention, mental health services, individual developmental disability care, primary health care, autism treatment, and substance use treatment (Bastrop, Burnet, Caldwell, Fayette, Gonzales, Guadalupe, Lee, and Williamson Counties).



ALGO

algo.org | algo@algo.org | 512-472-2001
Allgo nurtures queer people of color through cultural arts, wellness, and social justice programming.

THERAPY FOR LATINX

therapyforlatinx.com
Created to make the process of finding a therapist as easy as possible. Search listings to find therapists that honor who you are, provide services with dignity, and can code switch like the best of them.

ASIAN FAMILY SUPPORT SERVICES OF AUSTIN (AFSA)

afssaustin.org | info@afssaustin.org | 24-Hour Crisis Hotline: 877-281-8371

A resource for Asian and immigrant communities. Providing a 24/7 helpline available in over 240+ languages to offer support, case management, and resource referrals for survivors of gender-based violence.

WHAT'S IN THE MIRROR

whatsinthemirror.org | info@whatsinthemirror.org | 737-704-1641

Providing mental health awareness and suicide prevention to communities of color through art, advocacy, and affirming care with a focus on women, youth, and LGBTQIA+ persons.