

AUSTIN MENTAL HEALTH AND WELLNESS DIRECTORY

PURPOSE OF DIRECTORY

This document is intended to be a reference for individuals working to identify appropriate mental health and wellness services for refugees and immigrants. Our goal is to expand these listings over time to reflect the growing populations of refugees and immigrants throughout Austin.

The providers listed offer low-cost care options such as reduced fees or sliding fees and have expertise in serving diverse populations. Contact the clinic directly to discuss fees for individual services, which vary. We welcome new listings that have not been included in this edition. Please contact sshamsuddin@uscmail.org with additions. The online version of this guide is updated quarterly.

We hope you find it helpful in locating a mental health provider within your region.

Disclaimer: Any reference in this resource guide related to any provider or services do not constitute or imply the endorsement, recommendation, or favoring of the U.S. Committee for Refugees & Immigrants, or any of its employees acting on its behalf.

MENTAL HEALTH PROVIDERS: AUSTIN

AUSTIN PUBLIC HEALTH REFUGEE CLINIC

1000 Toyath St.
Austin, TX
(512) 979-6210

Hours of Operation:

- Monday – Friday: 8:00 am – 4:30 pm

Type of Assistance:

- General physical examination including assessment of vision, hearing, and dental services
- Screening for tuberculosis, HIV, Hepatitis A, B, and C, syphilis, and intestinal parasites
- Counseling and Social Services include mental health assessment, short term counselling, care coordination and referrals
- Immunizations and medical social services
- Assistance with completion of the I-693 Supplement Form is available to clients with refugee status

Eligibility Requirements:

- To qualify for services, client must be a refugee, asylee, Cuban/Haitian Entrants, special immigrant visa holder, or victim of trafficking.
- For all exam services, patients must be within their first 90 days of arrival
- For immunizations, patients must be within their first year of arrival

Languages Available:

- Limited onsite and phone interpretation is provided, if needed

Website:

- <http://www.austintexas.gov/department/refugee-services>

AUSTIN LAKES HOSPITAL CONTINUUM OF CARE

1025 East 32nd Street
Austin, TX 78705
(512) 544-5253

Hours of Operation:

- Monday, Wednesday, Friday: 9:45 am – 12:45 pm

Type of Assistance:

- Intensive Outpatient Program (IOP) offers comprehensive treatment for adults and seniors
- Provides only group therapy during the day or evening
- Offers scheduled groups based in Cognitive Behavioral Therapy

Eligibility Requirements:

- Austin Lakes Hospital is contracted for services with most major insurance companies.
- To speak with a financial counselor, contact admissions line at 512-544-LAKE (5253).

Languages Available:

- Onsite bilingual English/Spanish services available
- Additional languages available through phone interpretation

Website:

- <http://austinlakeshospital.com/services/outpatient-program/intensive-outpatient-program/>

AUSTIN TRAVIS COUNTY INTEGRAL CARE

Central:

1631 East 2ND St.
Austin, TX 78702
(512) 472-4357

South:

5015 South IH-35, Ste. 200
Austin, TX 78744
(512) 472-4357

Downtown Central:

2410 E. Riverside Dr. Suite G-3
Austin, TX 78741
(512) 472-4359

North:

825 E Rundberg Lane
Austin, TX 78753
(512) 472-4358

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Counseling and case management services
- Suicide prevention, pharmacy and medication support
- Exercise and nutrition programs for people who want to learn ways to lead a healthy life

Eligibility Requirements:

- Needs to be a resident of Travis County
- Accepts Medicaid, Medicare, CHIP, MAP, and most insurance plans
- Accepts uninsured clients and fee is based on income sliding-scale

Languages Available:

- Languages available through onsite and phone interpretation

Website:

- <https://integralcare.org/en/home/>

BLUEBONNET TRAILS COMMUNITY SERVICES

1009 N. Georgetown Street
Round Rock, Texas 78664
Existing Clients: (512) 244-8489
New Clients: 512-244-8212
Crisis: (800) 841-1255

Additional Locations:

- Bastrop, Elgin, Georgetown, Giddings, Gonzales, Hutto, Luling, Marble Falls, Round Rock, Schulenburg, Seguin, Taylor

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Crisis services, counseling, case management, psychosocial rehabilitative services, medication management
- Counseling services include individual, couple, family, or group counseling to address trauma, bullying, depression, anxiety and more behavioral health challenges
- Offers behavioral health services in partnership with Elgin ISD and Hutto ISD, serving ISD students, faculty, staff and their families and members of the communities

Eligibility Requirements:

- Accepts Medicaid, Medicare, WILCO and most insurance plans
- Accepts uninsured clients; fee is based on income sliding-scale
- Does not serve Travis County Residents
- Serving the Central Counties of Texas: Bastrop, Burnett, Caldwell, Fayette, Gonzales, Guadalupe, Lee, and Williamson County

Languages Available:

- Onsite languages provided include English and Spanish
- Languages available through onsite and phone interpretation

Website:

- <http://bbtrails.org/behavioral-health-services/>

CATHOLIC CHARITIES OF CENTRAL TEXAS

1625 Rutherford Lane
Austin, Texas 78754
(512) 651-6150

Hours of Operation:

- Monday - Thursday: 8:30 am – 7:00 pm
- Friday: 8:30 am – 5:00 pm
- Saturday: 9:00 am – 1:00 pm

Type of Assistance:

- Provides counseling and mental health services for children, adults, couples and families
- Provides individual counseling for loss, trauma, anxiety and depression and caregiver burnout
- Provides couples counseling to address partner conflict, build parenting skills and strengthen communication and overall relationship health
- Provides family counseling to provide conflict resolution, healthy communication skills and support through life transitions
- Offers play therapy for children with emotional and behavioral issues
- Offers individual counseling for adolescents dealing with peer pressure, bullying, anxiety, and self-injury

Eligibility Requirements:

- Accepts Medicaid through Superior Health and Tricare insurance
- For uninsured, fee is based on income sliding scale
- Services open to everyone

Languages Available:

- Onsite languages provided include English, Spanish, and Korean
- Languages available through onsite interpretation

Website:

- <https://www.ccctx.org/>

CENTER FOR SURVIVORS OF TORTURE

9415 Burnet Road
Suite 201 Austin, TX 78758
(512) 358-4612

Hours of Operation:

- Monday - Friday: 9:00 am – 4:00 pm

Type of Assistance:

- Provides counseling and social services which includes evaluation, diagnosis and treatment with individual & family therapy
- Provides medical care which includes diagnosis, treatment, pain reduction, wound care, physiotherapy, prescriptions

Eligibility Requirements:

- Open to everyone at no cost

Languages Available:

- Onsite languages include English and Hindi
- Languages available through onsite and phone interpretation

Website:

- <https://cstnet.org/>

COMMUNITIES IN SCHOOL

3000 S IH Frontage Road #200
Austin, TX 78704
(512) 464-9746

Hours of Operation:

- Monday - Friday: varies, please call 512-464-9746

Type of Assistance:

- Provides care coordination to families at Austin elementary and middle schools
- Delivery of in-home services by therapists, mentors, tutors, parent coaches, case managers, and other professionals needed to achieve the goals of the family
- Availability of flexible funds to meet the needs of the family in times of crisis when the family cannot afford them or access them in the community. This may include psychological evaluations, assistance with bills, or enrichment activities.

Eligibility Requirements:

- Need to be enrolled in one of the 12 Austin Independent School District (AISD) Schools

Languages Available:

- Bilingual English and Spanish available on site
- Languages may be available through phone interpretation

Website:

- <http://ciscentraltexas.org/>

COMMUNITY CARE – NORTH CENTRAL HEALTH CENTER

1210 West Braker Lane
Austin, TX 78758
(512) 978-9880

Hours of Operation:

- Monday – Thursday: 7:00 am – 9:00 pm
- Friday: 7:00 am – 6:00 pm
- Saturday: 8:00 am – 4:30 pm

Type of Assistance:

- Provides services for psychiatry, behavioral health, and nutrition
- Services include: 30-minute initial assessment appointment with 30-minute follow-up treatment sessions, group counseling sessions, coordination with medical providers
- Offers assessment and monitoring responses to psychiatric medications

Eligibility Requirements:

- Open to insured and uninsured
- For uninsured, fee is based on income sliding scale
- Accepts Medicaid, Medicare, CHIP, MAP, and most insurance plans

Languages Available:

- Onsite languages include English and Spanish

Website:

- <https://communitycaretexas.org/>

LONE STAR CIRCLE OF CARE

Central Austin:

11111 Research Blvd. Suite 320
(877) 800 - 5722

Hours: Monday – Tuesday, Thursday – Friday: 8:00 am – 5:00 pm

South Austin:

1221 W Ben White Blvd.
Building B., Suite 300
(877) 800 - 5722

Hours: Monday – Tuesday, Thursday – Friday: 8:00 am – 5:00 pm
Wednesday 10:00 am – 7:00 pm

Additional locations:

- Harker Heights, Hutto, Marble Falls, Round Rock, Bastrop, and Georgetown

Type of Assistance:

- Provides counseling and mental health services for children, adults, couples, and families
- Offers medical care which includes diagnosis, treatment and prescriptions

Eligibility Requirements:

- Open to everyone but needs an internal referral from a Primary Care Physician
- Accepts Medicaid, Medicare, CHIP, MAP, and most insurance plans
- Accepts uninsured clients; fee is based on income sliding-scale

Languages Available:

- Bilingual English and Spanish available onsite
- Additional languages available through phone interpretation
- Offer American Sign Language (ASL)

Website

- <https://lonestarcare.org/>

PEOPLES COMMUNITY CLINIC – NORTH

1101 Camino La Costa
Austin, TX 78752
(512) 478 - 4939

Hours of Operation:

- Monday, Tuesday, and Thursday: 8:00 am – 8:00 pm

Type of Assistance:

- Provides counseling and social services which include mental health assessment, short term psychotherapy with a behavioral health specialist, care coordination and referrals
- Provides behavioral medication prescriptions through their primary care provider

Eligibility Requirements:

- Open to insured and uninsured

Languages Available:

- Onsite languages include English and Spanish
- Languages available through onsite and phone interpretation

Website:

- <https://www.austinpcc.org/>

REFUGEE SERVICES OF TEXAS: COMMUNITY WELLNESS PROGRAM

500 East St. Johns Ave.
Suite 1280
Austin, TX 78752
(512) 472 - 9472

Hours of Operation:

- Monday – Thursday: 8:30 am – 4:30 pm
- Friday: 8:30 am – 12:00 pm

Type of Assistance:

- Provides counseling and mental health services for children, adults, couples and families
- Services include: counseling and crisis intervention, cultural orientations, community outreach, introductory trainings, school-based groups, psychoeducation
- Provides individual & family therapy services to help with: processing trauma, developing positive coping skills, regulating emotions, stress management, life transitions and adjusting to a new culture
- Offers treatment for the following: grief/loss, complex trauma and post-traumatic stress disorder, depression, life transitions and cultural adjustments, anxiety disorders, life skill development

Eligibility Requirements:

- To qualify for services, client must be a refugee, asylee, Cuban /Haitian Entrant, special immigrant visa holder, or victim of trafficking.
- Cost is free for eligible client status

Languages Available:

- Onsite languages include Amharic, Tigrinya, Arabic, Burmese, Dari, Pashto, Farsi, Spanish, English, French, Hindi, Urdu, Gujarati, Karenni, Kinyarwanda, Kirundi, Lingala, Tshiluba, Swahili, Kinyamulenge, Nepali
- Additional languages available through phone interpretation

Website:

- <https://www.rstx.org/>

SAFE: STOP ABUSE FOR EVERYONE

1515 Grove Blvd.
Suite 201 Austin, TX 78741
(512) 267-7233

Hours of Operation:

- Monday - Thursday: 8:00 am – 8:00 pm
- Friday: 8:00 am – 4:00 pm

Type of Assistance:

- Provides individual, group, and family counseling and therapeutic services to survivors of abuse
- Provides phone counseling for survivors and families who have significant barriers to attending sessions in person

Eligibility Requirements:

- To qualify for services, client must be a victim of domestic violence or other abuses
- Cost is free for eligible clients

Languages Available:

- Counseling services provided in multiple languages with onsite interpreter
- Offers American Sign Language (ASL)

Website:

- <https://www.safeaustin.org/our-services/face-to-face-support/counseling/>

VIDA CLINIC BEHAVIORAL HEALTH

1221 W. Ben White Blvd.
Austin, TX 78704
(512) 960-4533

Hours of Operation:

- Depending on school hours

Type of Assistance:

- School-based mental health provider which includes individual, family, and group counseling

- Services conducted onsite include:
 - a. Psychiatric Intake Assessment, including diagnosis and treatment plan
 - b. Individual Therapy in 30, 45 and 60-minute sessions
 - c. Group and Family Therapy
 - d. Coordination of Care with School Campus

Eligibility Requirements:

- To qualify for services, child must be enrolled in an AISD school

Website:

- <https://www.vidaclinic.org/>

YW COUNSELING AND REFERRAL CENTER (YWCRC)

2015 South IH 35 Frontage Road
 Suite 110 Austin, TX 78741
 (512) 326-1222

Hours of Operation:

- Monday – Thursday: 9:00 am – 7:00 pm
- Friday: 9:00 am – 3:00 pm
- Saturday 12:00 pm – 3:00 pm

Type of Assistance:

- Provides individual, couple, group, children, and family counseling
- To participate in one of the on-site group counseling sessions, please call 512-326-1222, option 2 to register.

Eligibility Requirements:

- For uninsured, sliding scale is based on household income and household size
- For clients who qualify, subsidized fees range from \$10-\$100 per hour for services
- Free counseling for women veterans and crime victims

Languages Available:

- Onsite languages include English and Spanish
- Additional languages available through phone interpretation

Website:

- http://www.ywcaustin.org/site/c.7nJIJTPvEcKOE/b.9202657/k.C52/YWCA_Greater_Austin.htm