

## CTX Counseling Center Resource Guide

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These agencies and organizations in the community are not endorsed by CTX.

### General Information Referral Assistance Austin Area Call 2-1-1

#### **CAMPUS RESOURCES**

##### **Counseling**

Annie Ferrera, MA, LPC-S  
ann-marie.ferrera@concordia.edu  
F-114, 512-313-5032  
Provides limited counseling to Concordia students

##### **Disabilities & Peer Tutoring**

Ruth Cooper  
ruth.cooper@concordia.edu  
C-210, 512-313-5031  
Provides academic support resources to Concordia students

##### **Testing Center**

Rhea Ann Spiegel  
RheaAnn.Spiegel@concordia.edu  
C-211, 512-313-4302  
Manages testing center for students who need testing accommodations

##### **Campus Pastor**

Steve Fick  
F-211, 512-695-2087

##### **Campus Police**

512-313-3311  
Provides services for the Concordia campus

#### **AUSTIN AREA RESOURCES**

##### ***Mental Health***

##### **Seton Shoal Creek Hospital**

3501 Mills Ave, Austin 78731  
512-324-2000  
[www.seton.net/locations/shoal\\_creek/](http://www.seton.net/locations/shoal_creek/)  
Provides variety of services including medical assistance for mental health issues

##### **Seton Psychiatric Emergency Department**

On the campus of Dell Seton Medical Center at The University of Texas  
1500 Red River Street  
Austin, Texas 78701  
512-324-7000

##### **Psychiatric Emergency Services (PES)**

Nadine L. Jay Bldg.  
56 East Ave.  
Austin, Texas 78701  
For emergent assessment and crisis intervention

##### **Austin Travis County Integral Care**

HOTLINE: 512-472-4357  
Administrative: 512-447-4141  
A central location for several area resources including mental health, mental disabilities, and substance use. Provides access to licensed counselors 24/7

##### **24/7 Crisis Hotline (*Psychiatric Crisis*)**

512-472-4357 (HELP)

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### *Substance Use/Abuse*

#### **Narcotic Treatment Program (*Substance Use*)**

1631 E. 2<sup>nd</sup> St., Building A, Austin 78702

512-804-3380

Services for individuals addicted to opiates

#### **Oak Springs Treatment Center (*Substance Use*)**

3000 Oak Springs Dr., Building A, Austin 78702

512-804-3526

Provides treatment through education, group & individual counseling services, life skills training, and more

#### **Northwest Counseling & Wellness Center**

12335 Hymeadow Dr. Ste 300, Austin 78750

512-250-WELL (9355)

[www.ncwcaustin.com](http://www.ncwcaustin.com)

Provides outpatient treatment for substance use as well as general mental health counseling, alternative therapies and wellness.

#### **Sober Austin (*Alcohol*)**

[www.soberaustin.com](http://www.soberaustin.com)

Resources for alcohol in the Austin area

#### **Lifesteps (*Alcohol*)**

311 Main Street, Georgetown 78626

512-930-5351

[www.lifestepsCouncil.org](http://www.lifestepsCouncil.org)

Offers prevention, intervention, counseling, education and family services. They provide a wide variety of programs, classes and workshops for the community – Austin & Williamson County

### *Eating Disorders*

#### **Austin Foundation for Eating Disorders**

[www.austinfed.org](http://www.austinfed.org)

[hope@austinfed.org](mailto:hope@austinfed.org)

Dedicated to helping those affected by eating disorders in the Austin area

#### **Hill Country Recovery Center**

2201 N. Lamar Blvd., Ste. 100 Austin, 78705

512-814-8255

[hillcountryrc@gmail.com](mailto:hillcountryrc@gmail.com)

Uses Dialectical Behavior Therapy to provide comprehensive services

### *Medical*

#### **NextCare Urgent Care**

12701 RR 620 North, Austin 78750

888-381-4858

[www.nextcare.com](http://www.nextcare.com)

Provides medical assistance for minor and urgent care

#### **Pharmacy Services**

1631 E. 2<sup>nd</sup> St., Building C, Austin 78702

512-804-3604

Will answer general questions regarding medications & prescriptions

### *Advocacy Groups*

#### **Self Help & Advocacy**

3205 S. 1<sup>st</sup> St, Austin 78704

512-442-3366

Offers supportive & educational groups, computer access, outreach, peer support & seminars focused on mental health recovery

#### **Safe Austin (*Sexual & Domestic Violence*)**

HOTLINE: 512-267-7233 (SAFE)

Administrative: 512-385-7233

[www.safeaustin.org](http://www.safeaustin.org)

Provides a variety of services with the mission to end sexual & domestic violence through safety, healing, prevention and social change.

#### **Eloise House**

Safe Austin conducts SAFE exams on site. If you have been sexually assaulted, examinations can be performed up to 72 hours after an assault.

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### **Live Tobacco-Free Austin (*Tobacco*)**

512-972-6465 (Coalition Number)

[www.livetobaccofreeaustin.org](http://www.livetobaccofreeaustin.org)

[info@livetobaccofreeaustin.org](mailto:info@livetobaccofreeaustin.org)

Provides resources and support for the prevention of tobacco use in the Austin area.

### **MADD – Austin Office**

3910 S IH 35, Suite #224, Austin 78704

512-445-4376

<http://www.madd.org/local-offices/tx/>

[tx.state@madd.org](mailto:tx.state@madd.org)

Provides resources & support for alcohol related issues on a national & state level

### ***Social Services Support***

#### **Deaf Support Services (*Hearing Impairment*)**

1631 E. 2<sup>nd</sup> St., Building D, Austin 78702

512-804-3613

Local services for those with hearing impairments

### ***General Counseling Centers***

#### **Austin Family Institute**

4201 Bee Cave Road, Suite C-213, Austin, 78746

512-329-6611

[www.austinfamilyinstitute.org](http://www.austinfamilyinstitute.org)

Agency provides marriage & family, individual counseling to children and adults. Specialize in a broad range of issues. Sliding scale \$20-\$100.

#### **Capital Area Counseling**

2824 Real Street, Austin, 78723

512-302-1000

[www.camhc.org](http://www.camhc.org)

Provide low-cost, no session limit counseling to individuals, couples, families, and groups. **Sliding scale \$10-\$50.** Do not accept insurance.

### **Central Texas Counseling (2 Locations)**

North: 1930 Rawhide Drive, Suite 302

Round Rock 78681

512-246-2232

South: 1110 W. William Cannon Blvd. Ste. 403 Austin, 78745

512-441-7001

Agency provides individual, couples, family, chemical dependency, group and play therapy. They also offer Christian Counseling. Accept most major insurances.

### **Collaborative Therapy Solutions – Juliet Baylor, LPC-AT**

1101 Arrow Point Dr. Ste #207

Cedar Park, TX 78613

512-574-4395, [julietbaylor.arttherapist@gmail.com](mailto:julietbaylor.arttherapist@gmail.com)

Provides counseling to adolescents and young adults using expressive arts to work through trauma, conflict, addiction, eating disorders and other issues. Accepts insurance.

### **Just Mind**

4131 Spicewood Springs, Bldg. G #1 Austin, 78759

512-843-7665

[www.justmind.org](http://www.justmind.org)

Provides individual, couples, group and coaching services. Rates from \$50-\$150 United and BCBS accepted.

### **LifeWorks (3 Locations)**

2001 Chicon Street, Austin, 78722

512-735-2400 (main line)

[www.lifeworksaustin.org](http://www.lifeworksaustin.org)

Provides individual, couple and family counseling. Doesn't accept individuals with current substance abuse issues or with chronic mental illness. Accepts Medicaid, MAP, **sliding scale \$18-\$100.**

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### **Northwest Counseling & Wellness Center**

12335 Hymeadow Dr., Ste 300 Austin, TX 78750  
512-250-9355

[www.ncwcaustin.com](http://www.ncwcaustin.com)

Intensive outpatient programs and substance/addictions IOP  
Most major insurance plans accepted

### **Samaritan Center (3 Locations)**

8956 Research Blvd., Bldg. 2, Austin, 78758  
512-451-7337

[www.samaritan-center.org](http://www.samaritan-center.org)

Additional locations in Round Rock & Georgetown  
Provides counseling to all ages, individual, couples and families. Provides  
“Children Caught in the Middle” a class for divorcing parents. Hope for Heroes  
program – programs for military veterans and families.  
**Sliding scale \$25-\$120.**

### **ThriveWorks – Austin Area (multiple locations)**

7701 N. Lamar Blvd. Suite 206 Austin, TX 78752  
512-649-2270

[www.thriveworks.com/north-austin-counseling](http://www.thriveworks.com/north-austin-counseling)

Provides individual, couples & family counseling. Provide testing and  
assessments.

### **Waterloo Counseling Center (Sexual Orientation)**

314 Highland Mall Blvd. Suite 301, Austin 78752  
512-444-9922

[www.waterloocounseling.org](http://www.waterloocounseling.org)    [info@waterloocounseling.org](mailto:info@waterloocounseling.org)

Provides affordable counseling with an expertise in gender, sexual and cultural  
diversity and a variety of resources related to sexual orientation.

### **Sol Healing & Wellness (N. Austin location)**

13805 Ann Place, Austin 78728  
512-366-094

[www.solhealing.com](http://www.solhealing.com)

Offers group and individual counseling with a sliding scale fee. Does not accept  
insurance.

### **Christian Counseling**

#### **Dave Helms, LPC**

12335 Hymeadow Dr., Ste. 450, Austin, 78750  
512-219-7100

Does not accept insurance, may be submit to be reimbursed.

### **Hyde Park Counseling Center**

711 W. 38<sup>th</sup> St, Ste. E-2, Austin, 78705  
512-451-2186

[www.counseling@hpbcc.org](mailto:www.counseling@hpbcc.org)

Provides bible based counseling for children, adults, seniors and couples.  
Accepts Medicaid and some private insurance. No reduced fees.

### **Team Restore Inner Healing Prayer**

Expression Church  
3502 Hatch Rd. Cedar Park, TX 78613

[www.expressionchurch.ccbchurch.com](http://www.expressionchurch.ccbchurch.com)

Provides free individual inner healing prayer sessions for breakthrough and  
healing.

### **The Timothy Center**

11754 Jollyville Rd. Ste. 110 Austin, 78759  
512-331-2700

[www.timothycenter.com](http://www.timothycenter.com)

Private pay may submit invoice for reimbursement to insurance. Reduced rates  
available.

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### **Dara Weston**

512-537-6322

9501 N. Capitol of Texas Hwy Ste. 104 Austin, 78759

Does not accept insurance but will charge based on sliding scale. Specializes in Disordered Eating & Borderline Personality.

### **SOZO Inner Healing Ministry**

True Life Round Rock

1600 E. Old Settlers Blvd. Round Rock, TX 78664

512-246-9500

[www.TrueLifeRR.org](http://www.TrueLifeRR.org)

### ***Grief Counseling & Groups***

#### **The Christi Center**

2606 Hancock Dr. Austin, 78756

512-467-2600

[www.fortheloveofchristi.org](http://www.fortheloveofchristi.org)

Weekly grief support groups offered for various ages and times throughout the week at NO charge. Also has group in Georgetown see website.

#### **Grief Share, Divorce Care & Journey 2 Oneness**

Austin Christian Fellowship

6401 River Place Blvd. Austin, 78730

512-381-5700

Email: [dana@acfellowship.org](mailto:dana@acfellowship.org) for current schedules.

**\$20 for Grief Share workbook weekly sessions are free. No fee for Divorce Care or Divorce Care 4 Kids.**

### **National Resources**

#### **Suicide Prevention Hotline (*Suicide*)**

1-800-273-8255 (TALK)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National hotline for suicide prevention

#### **The Trevor Hotline (*Suicide for LGBTQ*)**

1-866-488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Offers resources and support

#### **RAINN (Rape, Abuse, & Incest National Network) (*Sexual Assault*)**

1-800-656-4673 (HOPE)

[www.rainn.org](http://www.rainn.org)

National hotline for sexual assault

#### **MADD (*Alcohol*)**

511 E. John Carpenter Freeway, Suite 700, Austin, 75062

877-275-6233

[www.madd.org](http://www.madd.org)

Provides resources & support for alcohol related issues on a national

#### **National Eating Disorders Association (*Eating Disorders*)**

1-800-931-2237 (Help Line)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Provides resources, information, and support for those affected by eating disorders