

ADDITIONAL RESOURCES & SUPPORT

[Findhelp.org](#) is an online social services directory that can help you find food assistance, help paying bills, and other free or reduced cost programs in the Austin area.

RECOVERY SUPPORT RESOURCES

[Communities for Recovery](#)

[SMART Recovery](#)

[SMART Recovery Handbook](#)

HOUSING RESOURCES

[The Sobering Center](#) (you must tell them you were referred by SIMS)

[Caritas of Austin](#)

[Foundation for the Homeless via ECHO](#) (Ending Community Homelessness Coalition)

[City of Austin resources](#) for people experiencing homelessness

[Travis County Integral Care](#) - Adult Services

ADDITIONAL RESOURCES

[Texas Oncology Foundation](#) offers ongoing virtual support programs

[The Christi Center](#) offers grief/loss support groups

Travis County Integral Care

512.472.HELP(4357) - urgent mental health care and many other resources: <https://integralcare.org/en/home/>.

National Suicide Prevention Lifeline

800.273.8255 or text TALK to 741741 or chat online <https://988lifeline.org/contact-us/>

Substance Abuse and Mental Health Services Administration

800.662.HELP(4357)

Outreach, Screening, Assessment, and Referral (OSAR)

Recovery support through Texas Dept. of Health and Human Services
877.541.7905

National Sexual Assault Hotline

800.656.4673

In an emergency, please proceed to the nearest hospital ER or call 911.