

LOWER COST COUNSELING RESOURCES

LONE STAR CIRCLE OF CARE

877.800.5722

<https://lonestarcare.org/service/behavioral-mental-health/>

THERAPY AUSTIN

512.710.4314

<https://therapyaustin.com/>

CAPITAL AREA COUNSELING

512.302.1000

<https://cacaustin.org/>

LIFEWORKS

512.735.2100

<https://www.lifeworksaustin.org/counseling>

SAMARITAN CENTER FOR COUNSELING AND PASTORAL CARE

512.451.7337

<https://samaritan-center.org/>

AUSTIN FAMILY INSTITUTE

512.329.6611

www.austinfamilyinstitute.org

PLUMERIA COUNSELING CENTER

512.344.9134

www.plumeriacounseling.com

WATERLOO COUNSELING CENTER

512.444.9922

<https://www.waterloocounseling.org/>

AUSTIN CHILD GUIDANCE CENTER – mental health services for children

512.451.2242

<https://www.austinchildguidance.org/>

THE MENTAL WELLNESS NETWORK (directory)

<https://thementalwellnessnetwork.org/>

PSYCHOLOGY TODAY (directory) - robust search feature (sliding scale, insurance accepted, areas of focus, etc.)

<https://www.psychologytoday.com/us>

THE CHRISTI CENTER - specializes in grief/loss, offers no-cost support groups

512.467.2600

<http://christicenter.org/>

MINDFUL WELLNESS CENTER OF AUSTIN

512.720.7171

<https://www.mindfulwellnessaustin.org/>

UNIVERSITY COUNSELING CENTERS

These centers are staffed by graduate level counseling students, and you do **not** have to be a student to access counseling services through the universities below.

Austin Community College Amplify Center (ages 18-29 only): (512) 223-5095

amplify@austin.utexas.edu

[Mental Health Resources | Mental Health Counseling | Austin Community College District \(austincc.edu\)](#)

Texas State University Assessment & Counseling Clinic (San Marcos): (512) 245-8349

Texas State University Practicum Clinic (Round Rock): (512) 716-4250

St. Edward's Community Counseling Clinic: (512) 428-1242 - leave a message and they will call you back

<https://www.stedwards.edu/campus-services/health-and-counseling-center>

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.