

2015 MENTAL HEALTH EDUCATION & SUPPORT GROUP RESOURCE GUIDE PROVIDED BY NAMI (NATIONAL ALLIANCE FOR MENTAL ILLNESS) AUSTIN

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Family-to-Family NAMI Austin	12-week course for families & friends of adults with mental illness. FREE but registration is required.	Varies	Weekly for 12 weeks	Varies	512-420-9810 info@namiaustin.org
Basics NAMI Austin	6-week course for parents of children & teens (3-17) with mental illness. FREE but registration is required.		Weekly for 6 weeks		
Peer-to-Peer NAMI Austin	10-week course for persons living with mental illness. FREE but registration is required.		Weekly for 10 weeks		
In Our Own Voice NAMI Austin	1.5-hour public education presentation by trained presenters with mental illness. FREE , must schedule.	Contact to schedule.	Contact to schedule.		
Parents & Teachers as Allies NAMI Austin	2-hour in-service mental health education program for school professionals. FREE , must schedule.	Contact to schedule.	Contact to schedule.		
NAMI Hearts & Minds	Online, Interactive, educational initiative.	Online	Online	Online	www.nami.org/heartsandminds
NAMI Austin Meeting NAMI Austin	Speakers discuss mental health topics. Visit website for current month's program. FREE .	6:30 p.m.	4th Monday of the month	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Room	512-420-9810 info@namiaustin.org
NAMI Connection Support Group	For individuals living with mental illness.	6:30 – 8 p.m.	2 nd and 4 th Wednesdays	St. John's United Methodist 5904 Wynona, Austin TX 78757 (across from church building)	512-420-9810 info@namiaustin.org
		6:30 – 8 p.m.	1 st and 3 rd Tuesdays	Hillcrest Baptist Church 3838 Steck Ave., Austin TX 78759	
		7 – 8:30 pm	May 2015 1 st and 3 rd Wednesdays	Bluebonnet Community Services 1009 N Georgetown St., Round Rock TX 78664	
Family Support Group NAMI Austin	For families & friends of individuals living with mental illness.	7 – 8:30 p.m.	3 rd Tuesday	Mt. Sinai Baptist Church 5900 Cameron Rd, Austin, TX 78723	mountsinai.fsg@namiaustin.org
		7 – 8:30 p.m.	2 nd Thursday	Austin Ridge Bible Church 9300 Farm to Market 2244, Austin, TX 78733	austinridge.fsg@namiaustin.org
		6:30-8 p.m.	4 th Tuesday	Tarrytown United Methodist Church 2601 Exposition Blvd, Austin, TX 78703	tarrytown.fsg@namiaustin.org
		7 – 8:30 p.m.	2 nd Thursday	Seton Shoal Creek Hospital 3501 Mills Ave, Austin TX 78731 (in cafeteria)	setonshoalcreek.fsg@namiaustin.org
		6:30-8 p.m.	3 rd Thursday	Austin Travis County Integral Care, 5015 South IH-35, Suite 200, Austin, TX	atcic.fsg@namiaustin.org
		7 – 8:30 pm	May 2015 1 st and 3 rd Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Round Rock TX	bluebonnet.fsg@namiaustin.org
	Daughters & Sons Support Group For adult children of parents with mental illness.	7 - 8:30 p.m.	3 rd Thursday	Contact for location.	daughtersandsons.fsg@namiaustin.org
Eating Disorder Group For families and friends of individuals living with an eating disorder.	10:30 am – 12 pm	2 nd Saturday	Faith Lutheran Church - Please contact facilitator before attending for location.	go.recovery08@gmail.com	
Family Support Group NAMI Austin/ATCIC	For families & friends of individuals living with mental illness.	7 - 9 p.m.	2 nd Monday	Austin Travis County Integral Care 1700 S Lamar off Collier St Rm #102	Tom Polacheck 512-804-3690 tom.polacheck@atcic.org
Austin Clubhouse	Group recovery program for people with mental health diagnosis who are returning to work.	9 am-5pm	Tues-Fri	4425 Red River St Austin, 78751 www.austinclubhouse.org	512-925-5877
PLAN of Central TX	Planned Living Assistance Network	Call for info	Call for Info	4110 Guadalupe St Bldg 781 Office 410 www.planctx.org	Debbie Webb 512-851-0901
Austin Area Mental Health Consumers/SHAC	For individuals with mental illness	Numerous	Numerous	3205 S 1 st St Austin 78704	512-442-3366 admin@austinmhc.org
Back to Basics	4 week accelerated behavioral education program to 12 steps of recovery for substance abuse & mental illness.	7 -8:30 p.m.	Wednesdays	Communities for Recovery Austin State Hospital 4110 Guadalupe Peer Recovery Support Center Bldg 635 http://www.cforr.org/	Sachin Kambel 512-758-7691 Robin 512-758-7684
Dual Disorders Recovery Anonymous	Recovery support programming for people with chemical addiction and psychiatric disorders.	12 – 1 p.m. 7 – 8 p.m.	Wednesdays Mon & Fri		
Tejas Family Guidance Center	Mental health services for families in Austin. Individual, family, couples and group therapy; assessments.	Contact	Contact	1000 Westbank Drive, Austin TX 78746 http://tejasfamilyguidancecenter.org	512.981.8787 TejasCenterInfo@gmail.com
ARCIL	Resource Center for Independent Living serving persons with disabilities, their families and communities.	Contact	Contact	Locations in Austin, Round Rock and San Marcos. www.arcil.com	Austin 832-6349 Round Rock 828-4624

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Austin Travis County Integral Care (ATCIC)	Mental and behavioral health care provider for Austin and Travis County residents. Various services.	Contact	Contact	Multiple in Austin and Travis county. http://www.integralcare.org/	512-472-4357 512-472-(HELP)
Bluebonnet Trails	Mental health care provider with various locations and services.	Contact	Contact	Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales and Guadalupe counties. http://bbtrails.org/	512-255-1720 1-800-841-1255
Lone Star Circle of Care	Mental healthcare provider with various locations and services.	Contact	Contact	Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock and Taylor. http://www.lscctx.org/	1-877-800-5722
Borderline Personality Disorder Support Group - NEA-BPD	For families & friends of people with BPD. A licensed mental health professional will moderate all group sessions.	7:30 - 9 p.m.	1st Monday	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Room	fcaustinfo@gmail.com Eric Kunish efkunish@austin.rr.com
Family Connections NEA-BPD	12 week course for families of persons with Borderline Personality Disorder FREE - registration is required	Varies	Weekly for 12 weeks		
Positive Family Coaching	Parenting strategies for children & teens with biobehavioral disorders.	6:30 – 9 pm	Monday	3724 Jefferson St Franklin Sq Bldg Ste 207	Linda Classen 567-7665 Ed Gooze 497-2913
Austin Child Guidance Center	Parent education, therapy, & psychiatric services for children with mental health needs.	Varies	Varies	810 W 45th St Austin 78751 austinchildguidance.org	512-451-2242
Lifeworks	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth	Varies	Varies	Locations throughout Austin. www.lifeworksaustin.org	Main Line 512-735-2400
DBSA Heart of Texas	Peer- directed support groups for individuals 18 years and older living with depression and/or bipolar disorder.	6:30 - 8 pm	2 nd and 4th Tuesday	Central Baptist Church Allison House (behind church) 301 N Lake Creek Dr, Round Rock, TX 78681 dbsalliance.org	Robbye Oehlert 512-844-5575 dbsaheartoftexas@yahoo.com
Travis Co. Counseling & Education Services	Rehabilitative programs for adults & juveniles, including alcohol/drug & family violence.	Contact	Contact	Locations throughout Austin. www.co.travis.tx.us/counseling_education/	512-854-9540
Eating Disorders Anonymous	www.eatingdisordersanonymous.org	Varies	Varies	Visit website for meeting locations and times	512-923-3361 StephLCMorris@aol.com
Obsessive-Compulsive Disorder Support Group	Peer Led Self Help for persons with obsessive-compulsive disorder. http://www.austinocdsupport.org/	7-8:30 p.m.	1 st Tuesday	Red River Church 4425 Red River, Austin, 78751 Conference Room #6	Tom Somyak 512-323-2112 tom@austinocdsupport.org
		7-8:30 p.m.	3 rd Tuesday	Gethsemane Lutheran Church 200 W Anderson Ln, Austin 78752 Music Room (lower level)	
Recovery International	Cognitive Behavioral peer led groups for individuals with mood disorders.	6:30 - 8 p.m.	Thursdays	Abiding Love Lutheran Church 7210 Brush Country Rd Austin, TX 78749 www.recovery-inc.org	Steven 512-686-4844 Recovery171@lowselfhelpsystems.org
Samaritan Center for Counseling	Affordable counseling for individuals, families, elderly, military, Hope for Heroes Program, Telepsychiatry.	9 am-6 pm 9 am–5 pm	Mon-Thur Friday	8956 Research Blvd Bldg #2 Austin TX 78758 www.samaritan-center.org	512-451-7337
Survivors of Suicide	Free peer Led Group www.sos-austin.com	6:30-8pm	1 st & 3 rd Tues	St David’s North Austin Medical Center Suite C	Linda Davis 512-560-6115
The Christi Center	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8pm	Tuesdays	2306 Hancock Dr Austin, TX 78756 christicenter.org	Erin Spalding 512-467-2600
Texas Suicide Prevention	Council of agencies- Texas Suicide Prevention Plan			www.texasuicideprevention.org	1-800-273-TALK (8255)
Seton Mind Institute Generations	For Senior Adults experiencing problems with Mental Illness	8:30-12:15	Mon-Thurs	11111 Research Blvd Suite 340 Austin 78758	512-324-2039
Easter Seals Central TX	Community Resource			www.eastersealstx.org	512-615-6800
DBT Group (Dialectical Behavior Therapy)	Low cost, sliding scale. Especially for bulimia and binge eating disorders. Skills: mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation.	6 – 7:30 p.m.	Wednesdays	8500 MoPac Expy #402 Austin, TX 78759 austindbt.com	Chrissie Hartley LCSW chrissiehartley@gmail.com Jennifer Wilhelm LCSW
Dual Recovery Anonymous	12-step meeting for those with dual diagnoses or co-occurring disorders.	7 – 8 pm	Wednesdays	Sage Recovery and Wellness Center 7004 Bee Caves Road Building 2, Suite 200 Austin, TX 78746 sagerecoveryaustin.com	512-306-1394