

Behavioral Health Resource Guide

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This list of resources is not all-inclusive, but provides information to assist families. Round Rock ISD does not recommend any particular agency.

Crisis Resources

[National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

[Crisis Text Line](#)

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

[Williamson County Mobile Outreach Team](#) 1-800-841-1255

The Mobile Outreach Team (MOT) of Mental Health Specialists assists families and individuals in Williamson County who are experiencing a mental health crisis. MOT arranges mental health care with county agencies, law enforcement, EMS, Bluebonnet Trails, area schools, and hospitals. MOT provides assessment for admission to inpatient psychiatric facilities. MOT works in conjunction with Bluebonnet Trails (BBT); please be advised that Bluebonnet Trails may charge a fee for services.

[Travis County Mobile Crisis Outreach Team](#) - 512-472-HELP(4357)

This is a team made up of mental health professionals who help adults and children having a mental health crisis. Help is available 24 hours a day, 7 days a week anywhere someone needs help – at home, work or school, in clinics, or on the streets. A person in crisis might be hearing or seeing things that are not real or be in danger of injuring themselves. Services include mental health support for up to 90 days and care plans to help keep people safe.

Behavioral Health Education Resources

[NAMI Central Texas](#)

NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

[Stop Bullying](#)

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

[Jed Foundation](#) – 1-866-488-7386

JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.

[The Trevor Project](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

[American Foundation for Suicide Prevention](#)

AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide in our mission

[Jason Foundation](#)

The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

[Mental Health TX](#)

This website was developed with the goal of providing information, resources, and direction to Texas residents who may have mental health-related needs or who want to support someone who does.

[Anxiety and Depression Association of America](#)

the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

[The National Child Traumatic Stress Network](#)

OUR MISSION is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

[SAMHSA: Substance Abuse and Mental Health Services Administration](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

[Anxiety and Teens](#)

From Harvard Graduate School of Education - We're in a moment where anxiety is running rampant, spreading like an epidemic among adolescents. The rise of anxiety is burdening schools and counselors, scaring parents, and harming kids, creating dangerous pathways to depression and substance abuse. What can we do? In a series of pieces, we look at how to help teenagers face their fears, build resilience, and grapple with the pressure to achieve — on the road to college and beyond.

[Seize the Awkward](#)

The Jed Foundation (JED), the American Foundation for Suicide Prevention (AFSP), and the Ad Council have banded together to create Seize the Awkward, a campaign aimed at empowering young adults between 16 and 24 to reach out to a friend who may be struggling with mental health issues. The campaign addresses the key insight that while nobody likes an awkward silence, taking advantage of the awkward moment can really help those struggling with their mental health. Seize the Awkward encourages teens and young adults to embrace awkward moments and use them as an opportunity to reach out to a friend and start a conversation about how they're feeling.

Local Mental Health Hospitals/Intensive Outpatient

[Austin Oaks Hospital](#) 512-593-7347

Austin Oaks Hospital offers a continuum of psychiatric services for children and adolescents, ages 4-17, and for adults, age 18 and older. Located in South Austin, Texas, we strive to provide a warm environment that promotes crisis resolution, positive self-awareness, social skills and personal growth. We are proud to be your community partner in mental health. Austin Oaks Hospital provides inpatient and outpatient psychiatric services to stabilize symptoms of depression, anxiety and other behavioral health disorders.

[Cedar Crest](#) 844-667-8801

Cedar Crest Hospital & RTC is committed to being a leader in Texas for providing evidence-based, quality behavioral healthcare for children, teens, adults, older adults, and their families in a safe, supportive environment. We offer a variety of mental health and chemical dependency programs for each person who comes to us for help. Located in Belton, TX.

[Changes](#) 737-808-1700

Rock Springs Changes® in Cedar Park, TX provides outpatient mental health and addiction treatment for children (ages 8-18) and adults in a caring, nonjudgemental environment. Our day treatment programs include evidence-based therapies led by a dedicated clinical team, academic collaboration so your child can stay enrolled in their home school, youth-focused recreational programs, and family education and alumni support groups.

[Cross Creek](#) 866-760-4805

At Cross Creek Hospital, we diligently work to ensure that our mental health services focus on the effects of having a mental health condition or conditions. The goals of the treatment we offer

are to stabilize those who entrust us with their care by improving functioning and instilling new tools for achieving and maintaining recovery. Through the use of cognitive-behavioral, experiential, and didactic therapeutic interventions, we are able to facilitate care that will produce successful treatment outcomes.

[Dell Pediatric Behavioral and Mental Health](#) 512-324-0029

The new Grace Grego Maxwell Mental Health Unit at Dell Children's treats children and adolescents between the ages of 6 and 17 years old for a variety of behavioral and mental health conditions including thought, mood and anxiety disorders. Here patients have access to the most comprehensive healthcare services all under one roof. Our one-of-a-kind care treats your child's mind, body and spirit.

[Georgetown Behavioral Health Institute](#) 512-819-1100

We are a state-of-the-art, 118-bed acute care psychiatric hospital offering comprehensive behavioral health services to adults, teens and seniors located in the Georgetown and Austin areas. Our inpatient acute care services and outpatient programs support patients through their discharge or as an effective alternative to hospitalization.

[Meridell Achievement Center](#) 888-815-9868

A residential treatment center that specializes in behavioral and neurobehavioral programs for adolescents. We strive to help youths find successful outcomes and continue success after discharge. Located in Liberty Hill.

[Rock Springs](#) 512-746-7345

We offer 24-hour medical monitoring for children or teenagers (ages 13+) who are emotionally unstable. Inpatient treatment also provides a variety of therapeutic activities, as well as medication management. In all children's mental health programs, families play an important role in helping kids develop and maintain a healthy lifestyle. Children and teens also have opportunities to participate in group therapy centered around topics of interest to them, like LGBTQ, dealing with trauma, and faith-based support.

[Seton Behavioral Health Care](#) 512-324-2039

If you or someone you love is experiencing emotional and/or substance abuse problems, our behavioral health care teams can help. Treating adults and seniors, our team is committed to the mental health of Central Texans, every step of the way.

Eating Disorder Facilities

[Center for Discovery, Eating Disorder Treatment](#) 844-231-0108

Center for Discovery Austin is an outpatient eating disorder treatment center that provides partial hospitalization and intensive outpatient therapy to male and female clients of all ages. This facility opened in July 2018 and the Austin staff are trained in addiction treatment, Eye Movement Desensitization and Reprocessing (EMDR) therapy, trust-based relational intervention, motivational interviewing, trauma informed care and multicultural counseling.

[Eating Recovery Center](#) 512-253-1989 or 877-711-1878

Eating Recovery Center, Austin provides cutting-edge treatment and genuine support for adults, adolescents, children and families struggling with eating disorders. Treatment for anorexia, bulimia and binge eating disorder, avoidant restrictive food intake disorder and other eating disorders is led by a multidisciplinary team of experts that understands the importance of experience, compassion and evidence-based interventions in helping patients and families in the Austin area and surrounding communities restore health and balance in their lives.

Substance Abuse Resources

[LifeSteps](#)

Our mission is to improve our community's health, safety, and well-being by preventing substance use disorders, providing early intervention, and supporting long-term recovery. Our target population includes individuals and families in Williamson, McLennan and Travis Counties.

[Phoenix House](#) 844-748-3927

Situated in the Bouldin Creek neighborhood in south central Austin, we offer strengths based, person centered residential drug and alcohol addiction treatment services for teen boys ages 13 – 18 who struggle with substance use disorder and co-occurring mental health problems. In our evidenced-based program, residential patients participate in 12-step work for addiction and both cognitive behavioral therapy and trauma-informed therapy to address the underlying co-occurring issues that may be present.

Local Services and Resources

[Bluebonnet Trails](#)

Our mission includes the provision of valued services to adults with serious mental illness, to children and adolescents with serious mental illness or emotional disorders, autism or pervasive developmental disorders, to persons with developmental disabilities, and to infants and toddlers with developmental delays.

[Integral Care](#)

We support adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County. Our services include a 24-hour helpline for anyone who needs immediate support, ongoing counseling to improve mental health, drug, and alcohol treatment to help with recovery, and housing to regain health and independence. Integral Care helps provide a strong foundation for well-being.

[Austin Child Guidance Center](#) 512-451-2242

The mission of the Austin Child Guidance Center is to improve the mental health of children and their families through early intervention, diagnosis and treatment to help them develop the

emotional skills to face life's challenges. Services include individual/family therapy, group therapy, psychological assessments, psychiatric services, parent workshops, and walk-in clinic.

[Out Youth](#)

Out Youth serves Central Texas LGBTQIA+ (lesbian/gay/bisexual, transgender, queer and questioning, intersex, and asexual) youth and their allies with programs and services to ensure these promising young people develop into happy, healthy, successful adults.

[Waterloo Counseling](#)

Waterloo Counseling Center has been a leading provider of affordable high-quality counseling services for Austin and the surrounding area since 1983. We are a private, nonprofit organization. Waterloo provides low cost counseling services, accepts many major forms of insurance and is a place where everyone can receive mental health services in a culturally-affirming and accepting environment.

Finding a counselor, psychologist, or psychiatrist

There are a variety of ways to go about finding help. Some of the first steps could be asking friends for recommendations, consult with your primary care provider, contact your insurance company, or inquire if your company has an employee assistance program. In addition, Psychology Today has a [find a therapist feature](#) to search for help in your areas.

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