

MENTAL HEALTH & EMOTIONAL SUPPORT RESOURCES

GENERAL MENTAL & EMOTIONAL HEALTH

NAME	CONTACT INFORMATION	DESCRIPTION
DSUMC Prayer Chain	Contact: Amy Simons, DSUMC Coordinator Phone: 512-971-9909 Email: amitchhart@austin.rr.com Prayer Request Email: prayer@dsumc.org Web: https://dsumc.churchcenter.com/groups/online-groups/prayer-chain	<ul style="list-style-type: none"> • Being part of the DSUMC Prayer Chain provides prayer support for you, our DSUMC church family & our community. • To join our DSUMC Prayer Chain, go to https://dsumc.churchcenter.com/groups/online-groups/prayer-chain. • Email a prayer request to prayer@dsumc.org It will be added to the prayer list.
DSUMC WeCare	Contact: DSUMC Church Office Phone: 512-894-7123 Email: wecare@dsumc.org	<ul style="list-style-type: none"> • Keeps DSUMC church staff abreast of when church family is ill, in the hospital or wants a visitation. • Be our eyes & ears by letting church staff know! • Seeks & communicates about resources within DSUMC & outside the church in our community. • Publishes the WeCare Resource Guide. Email wecareresources@dsumc.org to provide suggestions for local mental & emotional health, medical health care & social services resources.
DSUMC DivorceCare	Linda Snow DSUMC Lay Minister DivorceCare Group Leader Phone: 512-619-9975 Email: EmbroideryDetails@gmail.com Address: 28900 Ranch Road 12, Dripping Springs, TX 78620 Qualifications include: <ul style="list-style-type: none"> • DSUMC Certified Lay Minister • DivorceCare trained • Christian Care & Counseling trained • Mental Health First Aid trained 	<ul style="list-style-type: none"> • Participants in separation & divorce find tools, teaching & support to help us deal with our pain, give us hope for the future, including possible reconciliation, & move toward rebuilding your life. • Reduce or eliminate the loss, confusion & isolation encountered with separation or divorce. • Faith based & Biblically centered. • An online class using video, Bible study guide & online meetings for individual & group learning & discussion. Participants are encouraged to repeat the course. • \$15 per person for materials, scholarships available. • Meets weekly for 13 weeks.
DSUMC GriefShare	Linda Snow DSUMC Lay Minister GriefShare Group Leader Phone: 512-619-9975 Email: EmbroideryDetails@gmail.com Address: 28900 Ranch Road 12, Dripping Springs, TX 78620 Qualifications include: <ul style="list-style-type: none"> • DSUMC Certified Lay Minister • GriefShare trained • Christian Care & Counseling trained 	<ul style="list-style-type: none"> • A friendly, compassionate group of people who walk alongside those going through one of life's most difficult experiences. Share your grief & burdens with friends who understand & also lend love & support to others. • Find help & healing for the hurt of losing a loved one as well as learning how to move toward recovery & rebuilding your life. • Faith based & Biblically centered. • An in-person (or online as needed) class using video seminar, group discussion & a personal workbook. Participants are encouraged to repeat the course. • Group setting for learning & discussion. • \$15 per person for materials, scholarships available. • Meets weekly for 13 weeks.

<p>DSUMC Stephen Ministry</p>	<ul style="list-style-type: none"> • Mental Health First Aid trained <p>Ken Heffley DSUMC Stephen Ministry Referral Coordinator Phone: 214-212-1548 Email: k.heff2020@gmail.com Address: 28900 Ranch Road 12, Dripping Springs, TX 78620</p> <p>Qualifications include:</p> <ul style="list-style-type: none"> • DSUMC Stephen Ministry Referral Coordinator • DSUMC Stephen Ministry Leader & Minister • Stephen Leader trained • Stephen Minister Caregiving trained 	<ul style="list-style-type: none"> • For those experiencing grief, loneliness, divorce, hospitalization, disability, job loss & other life crises. • A Stephen Minister (a DSUMC member) partners with a church family member or someone in our community. He or she confidentially listens, cares, encourages & provides emotional & spiritual support. • Trained in caring ministry, assertive relating, spiritual gifts discovery, grief support, spiritual growth & more. • Faith based & Biblically centered & focused on church & community. • No cost & no set duration. • Completely confidential. • Participants will be paired with a Stephen Minister of the same sex. • Provides one-on-one Christian care.
<p>DSUMC & Texas Methodist Foundation Putting Your House In Order: End of Life Stewardship</p>	<p>Linda Snow DSUMC Lay Minister Phone: 512-619-9975 Email: EmbroideryDetails@gmail.com Address: 28900 Ranch Road 12, Dripping Springs, TX 78620</p> <p>Qualifications include:</p> <ul style="list-style-type: none"> • DSUMC Certified Lay Minister • Putting Your House In Order trained 	<ul style="list-style-type: none"> • This Texas Methodist Foundation workshop is conducted occasionally as needed. Call if interested in the workshop. • Put your business & personal affairs into good order by updating your financial affairs, formalize your funeral plans & mend your family fences. • Topics include independent/assisted/skilled nursing living, planning funerals/cremations, during life/after death organ donation as well as preparing & communicating about legal documents, chronicling information for probate, financial affairs & advanced directives. • \$10 per person for materials.
<p>UMC Parenting – San Marcos</p>	<p>United Methodist Church San Marcos Phone: 512.392.6001 Web: www.fumcsm.org Address: 129 W. Hutchinson, San Marcos, TX 78666</p> <p>Parenting Program Manager Phone: 800-959-6673 – Marla</p>	<ul style="list-style-type: none"> • Sponsored by UMC Methodist Healthcare Ministries. <p>Meld Parent Support Groups</p> <ul style="list-style-type: none"> • Learn about health & safety, child guidance & development, family management, personal development & other topics related to successful parenting. • There are different programs, including Meld Young Families for parents ages 13 to 25, Meld Growing Families for parents ages 26 & older, grandparents or other family members who actively parent children & Meld Special Needs group: for parents/caregivers raising children living with a wide range of illnesses & disabilities. • Available for English, Spanish & bilingual groups. <p>Parents as Teachers Home Visitation Program</p> <ul style="list-style-type: none"> • Provides personal home visits to families & group connection events focused on parent-child interaction, development-centered parenting, & family well-being. • Supports parents throughout pregnancy until their children enter school full-time by providing health, hearing, vision & developmental screenings for eligible children. • Connects families to resources & helps them overcome barriers to accessing those resources. • Available in English & Spanish.

		<p>Parents Helping Parents Support Groups</p> <ul style="list-style-type: none"> • An early education program based on the belief that parents are the first teachers & best advocates for their children. Parents learn about health safety, child development, child guidance, family management & personal growth. • Topics include, but are not limited to, parents raising teens; parents with children 3 to 12 & teen parents. • Operates in 12-week sessions. • Must be a parent/ child caregiver who wants to learn & share experiences, has a positive attitude & respects others opinions/beliefs. • Available for English & Spanish groups.
<p>Stress & Anxiety Phone Apps</p>	<p>Self-Help Anxiety Management Web Itunes: apps.apple.com/us/app/self-help-for-anxiety-management/id666767947 Web Google Play: play.google.com/store/apps/details?id=uk.co.mindgardentech.sam Breathe2Relax Web Itunes: Web Google Play:</p>	<ul style="list-style-type: none"> • The Self-Help Anxiety Management app offers a range of self-help methods for people who are serious about learning to manage their anxiety. Developed by a university team of psychologists, computer scientists and student users. • The Breathe2Relax app provides stress management tools & exercises with information on the effects of stress on the body. The app includes breathing exercises documented to decrease the body's 'fight-or-flight' (stress) response & help with mood stabilization, anger control & anxiety management. • Can be used individually or with your healthcare provider. • This information provided by Texas Health & Human Services. For more information, go to : hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services. • For information on how to contact Texas HHS offices & service agencies, go to: www.hhs.texas.gov/about-hhs/find-us.
<p>The Samaritan Center for Counseling</p>	<p>Phone: 512-451-7337 Address: 129 W. Hutchinson, San Marcos, TX 78666</p>	<ul style="list-style-type: none"> • Located at First United Methodist Church San Marcos • Vision is to have a healthy & compassionate community where every individual achieves mental, physical, spiritual & social well-being. Uses a holistic approach to mental health for all ages, whole families & the military community. • Provides a path to wellness using mental health counseling for children, adolescents, adults & families, group therapy, pastoral counseling, peer support services. • Also provides integrative medicine including acupuncture, tai chi, nutrition counseling & herbal medicine as well as wellness education for communities, schools, churches & organizations. • Offers online therapy (telehealth). Call for more information. • Partners with the Military Veteran Peer Network to provide additional support for veterans & their families.
<p>Hill Country Mental Health & Developmental Disabilities (MHDD) Center</p>	<p>For Mental Health Services– refer to The Scheib Mental Health Center listing or to the MHDD Kyle Mental Health Center (below).</p> <p>MHDD Phone: 512-392-7151 MCOT Crisis Hotline: 877-466-0660 Web: www.hillcountry.org MHDD Kyle Mental Health Center Phone: 512-392-8953 Toll Free: 844-327-1274</p>	<ul style="list-style-type: none"> • Offers programs for adult & children behavioral (mental & physical) health, intellectual & developmental disabilities, substance abuse, crisis care & justice involved services. • MHDD resources for Hays County include: Youth Crisis Respite Center (Scheib), Hays County Service Coordination, Hays County IDD Center (Scheib), Scheib Mental Health Center & Kyle Mental Health Center. Refer to separate listings for each of these resources. • Hill Country MHDD Services include: Children & Adolescent Services, Co-Occurring Psychiatric & Substance Use Disorder (COPSD), Crisis Stabilization Unit, Intellectual & Developmental Disabilities Services, Justice Involved Services, Mental/Behavioral Health, Mobile Crisis Outreach Team (MCOT), Peer Services, Substance Use Disorder Outpatient Services, Veteran Services & Youth Crisis Respite.. • To find information on other local resources outside of the Hill Country MHDD organization, go to www.hillcountry.org/all_services/

	<p>Address: 1300 Darcy Lane, Suites 120-130, Kyle, TX 78640</p> <p>For Intellectual & Developmental Disabilities (IDD) Services– refer to The Scheib IDD Center</p>	<ul style="list-style-type: none"> • Website is available in English & Spanish.
<p>Hill Country MHDD/Scheib Center Mobile Crisis Outreach Team (MCOT)</p>	<p>Phone: 512-392-7151 MCOT Crisis Hotline 877-466-0660</p>	<ul style="list-style-type: none"> • Hill Country MHDD Mobile Crisis Outreach Team’s mission is to provide a professional & humane response to individuals in a mental health crisis situation using the least restrictive intervention & treatment methods possible. • MCOT provides prompt screening, psychiatric assessments & medication treatment, stabilization, crisis resolution & referrals to appropriate community resources. • MCOT services are strictly confidential. • MCOT operates as part of Hill Country Community MHDD & The Scheib Mental Health Center.
<p>Scheib Mental Health Center, part of The Scheib Center</p>	<p>Phone: 512-392-7151 Toll Free: 888-648-3947 Address: 1200 N. Bishop, San Marcos, TX 78666</p>	<ul style="list-style-type: none"> • The Scheib Mental Health Center provides mental health & mental disability services to residents in San Marcos & Hays County primarily to those without insurance & those on Medicaid.
<p>Scheib Intellectual & Developmental Disabilities (IDD) Center, part of The Scheib Center</p>	<p>Phone: 512-392-7104 Referral Hotline: 830-387-5970, leave message Address: 1200 N. Bishop, San Marcos, TX 78666</p>	<ul style="list-style-type: none"> • Helps individuals & their families choose as well as access quality, cost-efficient intellectual & developmental disability services & support. • For more information on services & eligibility, call the Referral Hotline (830-387-5970) & leave a voice message. Someone will get back in touch with you as soon as possible so please be patient.
<p>Scheib Youth Crisis Respite Center, part of The Scheib Center</p>	<p>Phone: 512-667-9870 Address: 614 N. Bishop St., San Marcos, TX 78666</p>	<ul style="list-style-type: none"> • Youth mental health services. • Scheib Youth Crisis Respite Center serves teenagers between the ages of 13 and 17 who are experiencing a need for a short-term “break” from a pending or existing stressor. Referrals can be self or family initiated. Referrals may also come from schools, law enforcement, mental health facilities, hospitals & local mental health professionals. • The center provides short-term residential crisis services to youth with low risk of harm to self or others. Respite services are provided in a safe, caring, traditional home environment with 24-hour supervision. Activities are individualized to target & alleviate the immediate challenges the youth & their family are experiencing. While at the Center, youth continue their education & are offered social as well as recreational activities.
<p>National Alliance on Mental Illness (NAMI) Central Texas (formerly NAMI Austin)</p>	<p>Austin Resources: NAMI Austin Information & Resources Phone: 512-420-9810 Email: info@namicentraltx.org Web: www.namicentraltx.org/ Texas Resources: NAMI Texas Phone: 512-693-2000 Web: www.namitexas.org National Resources:</p>	<ul style="list-style-type: none"> • Provides information & resources for those interesting in learning more about mental health & other resources & those who are facing a mental health challenge. For online resources, go to: www.namicentraltx.org/resources/ • A wide variety of adult & family classes & programs are available. One program is for faith leaders. Register online, go to: www.namicentraltx.org. Click on the first tab - Support & Education. • NAMI has phone numbers for Crisis Intervention Teams (CITs). A CIT is a group of law enforcement officers specifically trained to respond to persons in a mental health crisis. A CIT has two primary purposes: - to respond to emergency calls involving mental health consumers in a mental crisis.

	NAMI Information Line: 800-950-NAMI (6264) Text NAMI to 741741 for 24/7 free & confidential crisis counseling Web: www.nami.org	- to divert persons from the criminal justice system as well as connecting them with mental health services. <ul style="list-style-type: none"> • IMPORTANT NOTE: In a life-threatening situation, call 911. • For information on crisis support, go to www.namitexas.org/crisis/ • Suicide Assessment Card: namicentraltx.org/wp-content/uploads/2019/05/SuicidePreventionQuestions1.pdf
Austin State Hospital	Phone: 512-452-0381 After Hours Switchboard Phone: 512-452-0381 Web: www.hhs.texas.gov/services/mental-health-substance-use/state-hospitals/austin-state-hospital/ Address: 4110 Guadalupe St., Bldg 781, Floor 4, Room 419, Austin, TX 78751	A Texas Health & Human Services commission facility, the Austin State Hospital provides adult, adolescent & child psychiatric services as well as specialty psychiatric services for older people or those with an intellectual or developmental disability. <ul style="list-style-type: none"> • Patients typically stay short term until their condition stabilizes & they can return to their communities where outpatient support services can be provided. • Provides low cost, overnight accommodations at The Family House for up to 4 families of current patients. The Family House is available 24/7 & visits may be arranged for through an ASH social worker. After hours access (anytime other than 8am to 5pm) must be prearranged through the ASH switchboard at 512-452-0381. • Web provides information in English & Spanish.

COUNSELING & THERAPY

Besides the resources listed below, additional local counseling & therapist resources can be found in the Dripping Springs Psychotherapy Directory. Go to Web: www.dspsychotherapy.org/ for more information. Or, go to www.dspsychotherapy.org/therapist-listing for a detailed list of therapists in the area.

NAME	CONTACT INFO	DESCRIPTION
Stacy Baugh, LCSW	Stacy Baugh LCSW Therapy Owner: Stacy Baugh, LCSW Certified Positive Discipline Parent Educator Phone: 512-608-7071 Email: stacybaughtherapy@gmail.com Web: www.stacybaughtherapy.com/ Address: 131 Benney Lane, Suite B103 Dripping Springs, TX 78620 Credentials include: <ul style="list-style-type: none"> • Licensed Clinical Social Worker (LCSW) • Master of Science in Social Work (MSSW) • Certified Positive Discipline Parent Educator. 	<ul style="list-style-type: none"> • Children 7+ years old, adolescents, adults, family therapy, parent coaching. • Mental & emotional challenges including, ADHD, anger, anxiety, depression, divorce, life change adjustment, relationships, school difficulties, , self-injury, suicidal ideation. . • individual, group, and family counseling, treatment planning, and behavior modification. • Christian/faith based. • In person & telemedicine availability. • Fee based, sliding scale availability.
Lisa Blackwood	Austin Wellness PLLC Owner: Lisa Blackwood Phone: 512.257.0050 X113	<ul style="list-style-type: none"> • Psychoanalysis & Psychotherapy • Mental & chemical health issues including ADHD, anxiety, chemical addiction, depression, divorce/marriage/premarital counseling, grief/loss, OCD, PTSD & Trauma.

	<p>Email: lisa@austin-wellness.com Web: www.austin-wellness.com Address: 10010 Anderson Mill Road, Austin, TX 78750</p> <p>Credentials include:</p> <ul style="list-style-type: none"> • Masters in Pastoral Counseling • Licensed Professional Counselor, Supervisor (LPC) • Desensitizing Reprocessing (S) • Licensed Chemical Dependency Counselor • EMDR Certified: Eye Movement Certified Therapist • Collaborative Divorce Neutral Professional <p>Secondary Teacher Certification.</p>	<ul style="list-style-type: none"> • Spiritual direction. • Collaborates with Individuals, couples, families & groups on theological & psychological themes with in-person & online therapy. • Unique training, workshops, seminars, retreats for groups, churches & businesses. • Awareness for clients to learn skills to navigate life more effectively & to create meaningful change to have the quality of life you want & to foster wellness in mind, body, spirit & community by exploring new ways of being. • Christian/faith based. • In person & telemedicine availability.
<p>Michelle DeMarco</p>	<p>Michele DeMarco, LPC Owner: David's Hope Counseling & Associates Phone: 512-756-5321 Email: dhc.demarco@gmail.com Web: davidshopecounseling.com/ Address: 26160 Ranch Rd 12, Dripping Springs, TX 78620</p> <p>Credentials include:</p> <ul style="list-style-type: none"> • Licensed Professional Counselor (LPC). • Austin ISD Elementary School Counselor & Teacher 	<ul style="list-style-type: none"> • Children 4-12 years old, adolescents 13-17 years old, adults 18+ years old. • Specialties: School success, self-esteem, building healthy relationships, anxiety, grief, life transitions & parenting support. • Uses play, sand tray, CBT, solution-focused, family systems & psychodynamic therapies. • Off-hours appointments available Mon. through Sat. • In person & teletherapy. • Fee based: • Christian friendly.
<p>Melanie Martin</p>	<p>Melanie Martin LPC Owner: Melanie Martin Phone: 512-917-5146 Email: melmart91@gmail.com Web Site: https://melaniemartinlpc.com/ Address: Arbor Center Office Park 800 W. Highway 290 Bldg. A, Suite 300 Dripping Springs, Texas 78620</p> <p>Credentials include:</p>	<ul style="list-style-type: none"> • Adults 18+ years old. • Specialties: Anger, anxiety, stress, crisis intervention, depression, domestic abuse, family conflict, grief/loss, impulse control, life transitions, parenting, trauma recovery & women's issues. • Individual counseling to help clients evaluate their world & challenges in a safe, judgment-free environment. • Person-centered therapies using tools such as Cognitive Behavioral Therapy (CBT) & mindfulness. • Accepts BCBS, Optum & United Healthcare. • Free phone consultation. • Evening & weekend appointments available. • Fee based, sliding scale available. • Sessions are normally in person. Call to inquire about telehealth/telemedicine services.

	<ul style="list-style-type: none"> • Licensed Professional Counselor (LPC). • Master of Arts Clinical Mental Health Counseling & BS Psychology. • National Certified Counselor (NCC). 	
Tina Moody	<p>Business Name & Contact Information</p> <p>Tina Moody, LPC, MA, MDiv Owner: Life Practice Phone: 512-689-4330 or 512-607-9591 Email: tmoody@lifeppractice.net Webs: www.lifeppractice.net & www.mevoke.com Address: 28465 Ranch Rd 12, Dripping Springs, TX 78620</p> <p>Credentials include:</p> <ul style="list-style-type: none"> • Licensed Professional Counselor (LPC) • Master of Arts (MA) in Psychology • Master of Divinity (MDiv) • Former Methodist Pastor • Chaplain in hospital, psychiatric & other settings 	<p>Specialties & Type of Practice</p> <ul style="list-style-type: none"> • Older adolescents, adults & couples. • Adult group sessions may be available. • Specialties: Anxiety, depression, PTSD & trauma. • Therapies: Cognitive Behavioral therapy (CBT), family, marital, interpersonal, mindfulness based, relational. • Offers supportive guidance & expertise to those confronting obstacles or transitions toward fuller, richer, more fulfilling lives. • Off hours appointments available Mon. through Sat. • Christian/Faith Based • Free phone consultation. • In person appointments. Please call before making first appointment. • Telemedicine & phone appointments available. • Fee based.

PRIVATE MENTAL HEALTH TREATMENT

NAME	CONTACT INFO	DESCRIPTION
Ascension Seton Shoal Creek Hospital	Phone: 512-324-2000 Outpatient Appointments: 512.324.2039 Web: www.healthcare.ascension.org/Locations/Texas/TXAUS/Austin-Ascension-Seton-Shoal-Creek Address: 3501 Mills Ave., Austin, TX 78731	<ul style="list-style-type: none"> • Ascension Seton Shoal Creek has licensed staff on call 24 hours a day to address mental health needs of patients & their families. • Diagnoses & treats a wide range of mental health illnesses. • Provides programs to address complications linked to mental illness including drug & alcohol addiction, family conflicts & social isolation. • Treats people of all ages.
Ascension Seton Hays Hospital Emergency Department in Kyle	ER Phone: 512-504-5125 Psychiatric Emergency Phone: 512-472-4357 Emergency Care Questions Phone: 512-360-9114 General Inquiries Phone: 512-504-5000 Address: 6001 Kyle Pkwy., Kyle, TX 78640 Emergency Care Web: www.healthcare.ascension.org/locations/t	<ul style="list-style-type: none"> • Provides emergency psychiatric services & assessments for adults & children as well as other emergency services. • The ER will do a psychiatric evaluation & make transfers to Dell Seton Psychiatric or Seton Shoal Creek (on an inpatient or outpatient basis) or make referrals elsewhere. • Has a Level IV Trauma Center which provides advanced trauma life support before transferring patients to higher level trauma centers (Level 1 or Level 2 Trauma Centers). Provides evaluation, stabilization & diagnostic capabilities & has on-site trauma nurses & physicians. • Emergency Room is open 24/7.

	exas/txaus/kyle-ascension-seton-hays-emergency-department	<ul style="list-style-type: none"> The Emergency Care Questions phone line provides answers to questions about appropriate kinds of care needed, location of the closest Ascension Seton facility or to communicate with the Kyle ER about a pending arrival to the Kyle ER. To set an appointment with the Kyle ER, go to www.healthcare.ascension.org/locations/texas/txaus/kyle-ascension-seton-hays-emergency-department. Click on the Schedule Appointment Online button then on the Emergency Room button. Click on the Emergency Room – Schedule link to select an appointment date & time. Low income or income scaling for eligible persons.
Austin Lakes Hospital (in St. David’s Pavilion)	Phone: 512-478-3627 Assessment & Admissions Phone: 512-544-5253 Address: 919 E. 32 nd St., Austin, TX 78765	<ul style="list-style-type: none"> Offers 24/7 confidential, no cost assessments. Offers inpatient mental health services for: <ul style="list-style-type: none"> adults & seniors (ages 18 & older) in need of acute 24-hour hospitalization for crisis intervention, assessment, medical stabilization. Has Psychiatric Intensive Care Unit. has a senior adult (ages 55 & older) program for aging adults to address the physical, social & mental changes that may occur during the aging process. a partial hospitalization program for outpatient care in a structured environment (comparable to inpatient treatment) an intensive outpatient counseling & therapy program to maximize coping efforts where participants return home after sessions to practice skills & tools learned.

PSYCHIATRIC CRISIS & SUICIDE RESOURCES

NAME	CONTACT INFO	DESCRIPTION
Hill Country MHDD/Scheib Center Mobile Crisis Outreach Team (MCOT)	Phone: 512-392-7151 MHDD/MCOT Crisis Hotline 877-466-0660	<ul style="list-style-type: none"> Hill Country MHDD Mobile Crisis Outreach Team’s mission is to provide a professional & humane response to individuals in a mental health crisis situation using the least restrictive intervention & treatment methods possible. MCOT provides prompt screening, psychiatric assessments & medication treatment, stabilization, crisis resolution & referrals to appropriate community resources. MCOT services are strictly confidential. MCOT operates as part of Hill Country Community MHDD & The Scheib Mental Health Center.
Crisis Text Line	Text HOME to 741741 Web: www.crisistextline.org/	<ul style="list-style-type: none"> Crisis Text Line provides free, 24/7 crisis support via text. Text HOME to 741741 to connect with the Crisis Text Line & text with a trained crisis counselor. Can also message using Facebook. Go to https://www.messenger.com/t/crisistextline. Effort began as part DoSomething.org, an organization for young people & social change.
National Suicide Prevention Lifeline	24/7 Phone: 800-273-TALK (8255) Spanish Phone: 888-628-9454 Deaf/Hard of Hearing Phone (TTY): 800-799-4889	<ul style="list-style-type: none"> Provides phone support 24/7. Lifeline chat connects people to counselors for emotional support. Webchat 24/7. https://suicidepreventionlifeline.org/chat/
National Hopeline Network	24/7 Hotline Phone: 800-SUICIDE (784-2433) Spanish Hotline: 877-784-2432 IMAlive Crisis Center Chat: www.IMAlive.org	<ul style="list-style-type: none"> The National Hopeline Network (or Hopeline) is a program of the Kristin Brooks Hope Center. The center began when the founder learned there was no national suicide hotline linking the more than 800 community-based suicide crisis hotlines across the US. The Hope Center helps educate the public about suicide warning signs & the importance of proper treatment to prevent suicide.

	IMAlive Email: info@imalive.org	<ul style="list-style-type: none"> Hopeline provides support with trained counselors through its national hotline to prevent suicide. IMAlive.org is a virtual crisis center with trained & certified volunteers provide online support for those who prefer to chat online rather than call a suicide hotline..
National Youth Crisis Hotline	24/7 Hotline: 800-442-HOPE (4673) 24/7 Spanish Hotline: 800-784-2432	<ul style="list-style-type: none"> This youth crisis hotline is part of the National Hopeline Network; a program of the Kristin Brooks Hope Center.
Suicide Phone Apps	ASK & Prevent Suicide App Web Itunes: apps.apple.com/us/app/ask-prevent-suicide/id419595716 Web Google Play: play.google.com/store/apps/details?id=com.mhatexas.askandprevent&hl=en	<ul style="list-style-type: none"> The ASK About Suicide to Save a Life app provides useful information to use as an educational resource as well as a crisis intervention resource for suicide prevention. Based on training programs developed by the Texas Department of State Health Services and Mental Health America of Texas. This information provided by Texas Health & Human Services. For more information, go to : hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services
Mental Wellness & Crisis Support Phone Apps	Virtual Hope Box Web Itunes: apps.apple.com/us/app/virtual-hope-box/id825099621 Web Google Play: play.google.com/store/apps/details?id=com.t2.vhb&hl=en	<ul style="list-style-type: none"> The Virtual Hope Box app stores personal messages, information and pictures to promote mental wellness and crisis support. Contains simple tools to help patients & their mental healthcare providers with coping, relaxation, distraction, and positive thinking. This information provided by Texas Health & Human Services. For more information, go to : hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services

SUBSTANCE USE, DEPENDENCY & ABUSE SUPPORT RESOURCES

NAME	CONTACT INFORMATION	DESCRIPTION
Alcoholic's Anonymous (AA)	Contact: DSUMC Church Office Phone: 512-894-7123 Program Contact: Bill Macdonald, AA & DSUMC Liaison Contact Phone: 512.-734-4578 Email: billmacdonald1956@gmail.com Web for Central Texas: austinaa.org/ Web for Not A Glum Lot Meetings: : austinaa.org/meetings/?tsml-day=any&tsml-region=dripping-springs Meeting Address: 28900 Ranch Road 12, Dripping Springs, TX 78620	<ul style="list-style-type: none"> Provides support for individuals & families dealing with a drinking problem. There is no cost & it's confidential. Call the DSUMC church office or Bill Macdonald for local contact & schedule information for a wide variety of daytime & evening meetings for different audiences/groups. The local AA group is called Not A Glum Lot. They are part of the Hill Country Intergroup Association (HCIA). Meets in North Annex building next to DSUMC North Entrance/Parking Lot.. For a list of all local Not A Glum Lot meetings, go to the HCIA website: austinaa.org/meetings/?tsml-day=any&tsml-region=dripping-springs HCIA's regional website: austinaa.org/ has complete regional meeting information as well as other resources For information on other 12-step programs go to website austinaa.org/resources/12-step-programs/.
Al-Anon	Contact: Terry Casparis, Group Rep & DSUMC Liaison Contact Phone: 512-750-3818 or 314-398-6187 Email: tcspins1@sbcglobal.net Meeting Info Phone: 888-4AL-ANON (425-2666)	<ul style="list-style-type: none"> Al-Anon is a mutual support program for those whose lives have been affected by someone else's drinking. There is no cost & it's confidential. By sharing common experiences & applying Al-Anon principles, families & friends of alcoholics can bring positive changes to their individual situations whether or not the alcoholic admits the existence of a drinking problem or seeks help. Meeting time is weekly on Thursday, Noon to 1 pm.

	<p>General Information Web: www.austinalanon.org Meet Up Web: www.meetup.com/dripping-springs-umc-al-anon Meeting Address: 28900 Ranch Road 12, North Annex, Dripping Springs, TX 78620</p>	<ul style="list-style-type: none"> • To find & sign up for a meeting, go to the Meet Up link www.meetup.com/dripping-springs-umc-al-anon. The specific meeting location & format (in-person or on-line) will be posted at the site. Traditionally meets in North Annex building next to DSUMC North Entrance/Parking Lot. but any changes will be posted • General Information website is available in English & Spanish.
<p>Texas Information & Referral Network</p>	<p>Phone: 211 Web: www.211texas.org</p>	<ul style="list-style-type: none"> • Part of Texas Dept. of State Health Services • Provides information & referrals to health, human & social service providers & organizations. • Go to the website listed for services & programs in your area. Select the type of information you're looking for – from disease prevention, diagnosis, treatment, health insurance, financial assistance or rehabilitative services. • Provides free & confidential assistance. • English & Spanish available.
<p>Outreach, Screening, Assessment & Referral (OSAR) Services for Substance Use (Also known as Bluebonnet Trails Community Services)</p>	<p>OSAR Phone: 844-309-6385; M-F 8am to 5pm Web: www.bbtrails.org</p>	<ul style="list-style-type: none"> • This state-wide agency is part of Texas Health & Human Services. • OSAR Services are incorporated into the Region 7 Bluebonnet Trails Community Services Local Mental Health Authority (LMHA) which serves Hays County. Region 7 also serves Bastrop, Bell, Blanco, Bosque, Brazos, Burleson, Burnet, Caldwell, Coryell, Falls, Fayette, Freestone, Grimes, Hamilton, Hill, Lampasas, Lee, Leon, Limestone, Llano, Madison, McLennan, Milam, Mills, Robertson, San Saba, Travis, Washington and Williamson Counties. Locations are quite a ways north, east & south of Dripping Springs. • The only requirement for service is that an individual is currently residing in the state of Texas. • Provides access to substance use outreach, screening, assessment & referral resources in Hays County. • Services include confidential alcohol & drug screenings & assessments, referrals for state-funded inpatient & outpatient treatment, crisis intervention, brief interventions (which include motivational counseling), education & support, case management as well as adult & adolescent financial ability evaluations. • Those under 18 years of age must have a parent or guardian make the call for assistance. Those 18 & over must make the call for assistance themselves. • Confidential. • English & Spanish website. Spanish available from the home page.
<p>Austin Recovery Network</p>	<p>Main Office Phone: 512-697-8500 Toll Free Phone: 800-373-2081 Admissions Phone: 512-697-8600 Email: info@austinrecovery.org</p>	<ul style="list-style-type: none"> • This nonprofit organization is dedicated to effective & affordable long-term recovery from the disease of addiction which brings together multiple recovery service programs into one collaborative & integrated network. Their mission is to provide a network of compassionate, community-based, person-centered care to those impacted by substance use disorders, regardless of race, gender, age or station, because everyone is worthy of recovery. • Provides a range of services including: <ul style="list-style-type: none"> - Youth Programs: University High School & Keystone Alternative Peer Group empower students, young people, emerging adults & their families with early access to recovery & recovery support. University High School is a sober high school. Keystone Alternative Peer Group gives youth & emerging adults a fun & safe environment for peer support & accountability. - Family House: This is a residential treatment center for pregnant women & mothers with children under 6 years of age. Family House was created to provide a safe space for these children while women

		<p>move into recovery from alcohol & drug addiction & receive parenting education.</p> <p>- Outpatient Programs: Provides individualized recovery resources for men & women seeking outpatient treatment. Intensive Outpatient Programming is offered in a women's group as well as a co-ed setting. Each participant receives multiple individual therapy sessions within a certified dual-diagnosis treatment center.</p> <p>- Alumni Association: This is a community of people living vibrantly in recovery, whose lives have been forever changed by treatment from the Austin Recovery Network.</p> <ul style="list-style-type: none"> • Phone calls are answered Mon. thru Fri. 8am to 6pm & Sat. thru Sun. 9am to 5pm. If no one answers, please leave a message & someone will return the call as soon as possible. • Call the Admissions Phone to verify insurance, check the waitlist & discuss treatment options. • Call the Main Office Phone to reach a staff member, check on family members & for general information.
Central Texas Area Narcotics Anonymous	<p>24/7 Help Line: 512-480-0004 Toll Free: 866-792-8262 Spanish Emergency Line 24/7: 888-600-6229 Web: http://ctana.org/</p>	<ul style="list-style-type: none"> • Provides support for individuals & families dealing with drug related problems. . • Narcotics Anonymous' message is hope - that there is another way to live. Narcotics Anonymous' promise is freedom. An addict, any addict, can stop using drugs, lose the desire to use & learn a new way of life. • Confidential & no cost. • Visit http://ctana.org/local-meetings-list/ for a local meetings list. • Austin & surrounding cities.
Hill Country Area of Narcotics Anonymous (Texas Bluebonnet Region Narcotics Anonymous)	<p>Phone: 830-500-5922 Helpline Buda, Kyle, San Marcos Helpline: 855-864-2262 Web: https://hillcountryna.org/</p>	<ul style="list-style-type: none"> • Learn to live drug-free through Narcotics Anonymous. Take the journey of recovery with fellow NA folks. • Serving Buda, Kyle, San Marcos. • Visit https://hillcountryna.org/?current-meeting-list=1 for a meetings list. Or https://hillcountryna.org/tabbed-meeting-map/ for a meeting map.
Other 12-Step Anonymous Programs	<p>Phone: 512-444-0071 Web: austinaa.org/resources/12-step-programs/</p>	<ul style="list-style-type: none"> • Offers contact information on other 12-step programs including Al-Anon & AlaTeen, Cocaine Anonymous, Dual Recovery Anonymous & others.
Substance Abuse & Mental Health Administration (SAMHSA)	<p>Hays County Helpline: 800-662-HELP (4357) TTD Toll Free Phone: 800-487-4889 Spanish Toll Free Phone: 877-767-8432</p>	<ul style="list-style-type: none"> • For those wanting substance abuse support.
Hays-Caldwell Council on Alcohol & Drug Abuse (HCCADA)	<p>Phone: 512-396-7695 Toll Free: 800-733-1214 Address: 1901 Dutton Dr., Suite E, San Marcos, TX 78666</p>	<ul style="list-style-type: none"> • Call or check website for updated list of local support groups.
Start Your Recovery	<p>Web: https://startyourrecovery.org/ Address: 1321 Duke St, Alexandria, VA 22314</p>	<ul style="list-style-type: none"> • Start Your Recovery started as a pro-bono project of Reingold, a firm specializing in public health communications. It is an online resource that works with substance use treatment & recovery experts to offer people a single source of relatable, reliable information at any stage of their recovery journey. • Provides helpful information from nonprofit, academic & government institutions for people dealing with substance use issues as well as their family members, friends & co-workers. • Provides people who are dealing with substance use issues with a single source of reputable, objective information about signs, symptoms, conditions, treatment options & resources. Information is presented in a user-friendly format & in language that's easy to understand.

		<ul style="list-style-type: none"> • Provides specific resources for veterans, military personnel, teens, college students, LGBTQ, seniors & parents. • Provides information about alcohol, drug, cocaine, heroin, methamphetamine & painkiller substances. • Treatment & Recovery section of the website provides information on topics including: making a recovery plan; support groups; therapies; supporting a loved one; opioid overdose prevention & rehab. • To search for local & state treatment options including rehab centers, counseling & support groups, go to https://startyourrecovery.org/treatment. • To access a comprehensive directory of Texas treatment & support resources from multiple government & non-profit directories, go to: https://startyourrecovery.org/treatment/rehab-centers/texas. • To hear stories from people who have dealt with addiction, their family members & friends, go to: https://startyourrecovery.org/hear-stories.
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ABUSE & DOMESTIC VIOLENCE SUPPORT

NAME	CONTACT INFO	DESCRIPTION
Hays-Caldwell Women's Center (HCWC) & McCoy Family Shelter	24/7 Crisis/Help Lines: 512-396-HELP (4357) or 800-700-HCWC (4292) Office Phone: 512-396-3404 Web: www.hcwc.org/ or www.hcwc.org/get-help/	<ul style="list-style-type: none"> • HCWC provides education, violence prevention & crisis intervention to victims of family violence, dating violence, sexual assault & child abuse. Building hope, community & self-compassion. • Offers individual & group counseling, community resource & referral advocacy, internet safety measures & more. • Free & confidential information & services (available in English & Spanish) for those who live, work or attend school in Hays County. • For educational resources, go to www.hcwc.org/resources-2/ • The McCoy Family Shelter is part of HCWC. It's a secure facility for women, men & families which provides shelter, food, clothing, personal supplies & transportation for school & medical needs on a temporary basis & is accessible for those with disabilities.
Stop The Hurt - A Project of Hays-Caldwell Women's Center (HCWC)	HCWC Phone: 512-396-HELP (4357) or 800-700-HCWC (4292) Web: https://stopthehurt.org/	<ul style="list-style-type: none"> • Stop The Hurt is a project of Hays-Caldwell Women's Center (HCWC). • This is an educational resource for all people who seek to develop healthy relationships with peers, partners, family & themselves that are based on respect & equality. • The goal is to create conversations around consent, healthy relationships, peaceful communication & self compassion. • Has additional information & resources at the website.
SafePlace Hotline	Phone: 512-267-SAFE (7233)	<ul style="list-style-type: none"> • Crisis hotline for domestic & sexual violence survivors.
Rape, Abuse, Incest National Network (RAINN)	National Sexual Assault Hotline Phone: 800-656-HOPE (4673) Online Chat: https://hotline.rainn.org/online Web: www.rainn.org	<ul style="list-style-type: none"> • For those wanting sexual abuse support, information, advice or a referral. • Provides victim services, public education, public policy efforts, counseling & training. • This anti-sexual violence organization partners with more than 1000 local sexual assault service providers across the country & carries out programs to prevent sexual violence, help survivors & ensure perpetrators are brought to justice. • Offers a RAINN mobile app.
Texas Abuse/Neglect Hotline	Report Abuse Hotline Phone: (800) 252-5400 TTY: Call Relay Texas at 711 or 800-735-2989	<ul style="list-style-type: none"> • Part of the Texas Department of Family & Protective Services. • Provides a way to report: suspicions of abuse, neglect, or exploitation of children, the elderly, or adults with disabilities as well as violations of minimum standards in a child care operation.

	Web: www.txabusehotline.org/	<ul style="list-style-type: none"> To report emergency or life threatening situations that must be dealt with immediately, call 911 or local law enforcement. To report urgent or emergency situations needing investigation within 24 hours, call the Abuse Hotline. Urgent means someone faces an immediate risk of abuse or neglect that could result in death or serious harm. To report situations that do not need to be investigated right away, use the website. It may take more than 48 hours to process online abuse reports.
National Domestic Violence Hotline & National Deaf Domestic Violence Hotline	<p>Austin Office Phone: 512-453-8117 Hotline Phone: 800-799-SAFE (7233) TTY Phone: 800-787-3224 Web: www.thehotline.org (with chat line) Spanish Web: www.espanol.thehotline.org/</p> <p>For Teens Phone: 866-331-9474 Text: LOVEIS to 22522 Web: www.loveisrespect.org (with chat line)</p> <p>For Deaf, DeafBlind & DeafDisabled TTY Phone: 800-787-3224 24/7 Video Phone: 855-812-1001 Web: www.thedeafhotline.org (with chat line)</p>	<ul style="list-style-type: none"> This Austin-based organization provides crisis intervention, safety planning, information & local area resource referrals for domestic violence victims, their friends & families as well as those who may be in unhealthy relationships. Supports domestic violence survivors 24/7/365. Has access to service providers & shelters across the US. Offers services to deaf, deaf & blind (DeafBlind) & hard of hearing (DeafDisabled). Offers a separate National Teen Dating Abuse Hotline, texting service & website to help teens (ages 13-18) experiencing dating abuse. Confidential & anonymous. Created as part of the Violence Against Women Act. . English & Spanish available at the website.
National Human Trafficking Hotline	<p>Phone: 888-373-7888 TTY Phone: 711 Text: 233733 (BEFREE) Web: www.humantraffickinghotline.org/</p>	<ul style="list-style-type: none"> 24/7 free & confidential support. English & Spanish available at website. For a Web or Live Chat , go to www.humantraffickinghotline.org/chat.

CHILDREN & YOUTH SERVICES

NAME	CONTACT INFO	DESCRIPTION
Child Protective Services (CPS)	<p>Report Abuse Phone: 800-252-5400 Report Abuse Online Web: www.txabusehotline.org General Phone: 512-438-4800 General Web: www.dfps.state.tx.us/child_protection/ Address: 701 W. 51st St., Austin, TX 78751 Mail Address: P.O. Box 149030, Austin, TX 78714-9030</p>	<ul style="list-style-type: none"> Child Protective Services (CPS) is an agency in the Texas Department of Family & Protective Services (DFPS). CPS provides services to children & families in their own homes, places children in foster care, provides services to help youth in foster care successfully transition to adulthood & helps children get adopted. Also provides family services, education & other support. Reporting child abuse, neglect or exploitation depends on the urgency of the situation: <ul style="list-style-type: none"> - Call the Texas Abuse Hotline at 800-252-5400 if the situation is urgent & needs to be investigated within 24 hours or for trouble reporting concerns online at the Texas Abuse Hotline website. - Call 911 or local law enforcement in an emergency or life threatening situation. - Complete an online report at the Texas Abuse Hotline Website at www.txabusehotline.org if the situation does not need to be investigated right away. For TTY reporting: Call Relay Texas at 711 or 800-735-2989. Ask the relay agent to call the Texas Abuse Hotline at 800-252-5400.

		<ul style="list-style-type: none"> To find a complete list of Texas DFPS contacts, go to: www.dfps.state.tx.us/Contact Us/. Website available in English & Spanish.
Childhelp National Child Abuse Hotline	<p>24/7 phone: 800-422-4453 (800-4-A-CHILD) Text: 800-422-4453 Web: www.childhelpheline.org</p>	<ul style="list-style-type: none"> This hotline is dedicated to the prevention of child abuse. Provides crisis intervention, information & referrals to emergency, social service & support resources. Confidential. Provides a chat line. To chat, go to: www.childhelpheline.org/ then click Live Chat.
Roxanne’s House Child Advocacy Center – A Part of HCWC	<p>Roxanne’s House Phone: 512-396-3404 HCWC 24/7 Helpline: 512-396-HELP (4357) or 800-700-HCWC (4292)</p>	<ul style="list-style-type: none"> Roxanne’s House is part of Hays-Caldwell Women’s Center (HCWC). It is HCWC’s Children’s Advocacy Center. Member of CACTX (Children’s Advocacy Centers of Texas, Inc.) It is a nonresidential child-friendly place where abused children come to heal. Services include victim counseling, counseling for siblings & protective caregivers, play therapy, court preparation, support & educational groups for children & non-offending caregivers. For children up through age 17. NOTE: Children who do not qualify for Roxanne’s House services but who have witnessed domestic violence may be served in another program area. Please call 512-396-3404 for more information.
Texas Youth Helpline	<p>24/7 Phone: 800-989-6884 Text: 512-872-5777 Web: www.texasyouthhelpline.org</p>	<ul style="list-style-type: none"> Texas Youth Helpline is an agency in the Texas Department of Family & Protective Services (DFPS). Trained volunteers provide guidance to youths, parents, siblings, and other family members on youth-related concerns, referral information or to simply listen. This is not a reporting hotline. Chat Line: go to website www.texasyouthhelpline.org & click on CHAT. Available in English & Spanish. Free & confidential.
LifeWorks Austin	<p>Info & Appointment Phone: 512-735-2100 Outreach Line Phone: 512-+473-9125 Web: www.lifeworksaustin.org/ South Austin Youth & Family Resource Center Phone: 512-735-2400 Address: 3700 S. 1st St., Austin, TX 78704 Youth Resource Center Phone: 512-735-2400 Address: 835 N. Pleasant Valley Rd., Austin, TX 78702</p>	<ul style="list-style-type: none"> Provides housing along with other services & programming that youth experiencing homelessness need to live independently & self-sufficiently. Provides housing support, counseling & education/workforce services. Does not provide immediate shelter but can refer to youth support services. Website is in English with some information in Spanish.
Any Baby Can	<p>Phone: 512-454-3743 Email: Info@AnyBabyCan.org Web: www.anybabycan.org</p>	<ul style="list-style-type: none"> Provides support, crisis assistance & a voice for families with children with special health care needs. English & Spanish language available at website.
Child Inc.	<p>Phone: 512-451-7361</p>	<ul style="list-style-type: none"> Day care for low income families. Provides Head Start.
Texas Health & Human Services (HHS) Child Care Information	<p>General Child Care (Tx Dept of Family & Protective Services) Phone: 800-862-5252</p>	<ul style="list-style-type: none"> This is an agency in Texas Health & Human Services (HHS). Hays County is in HHS Region 7, Central Texas. Provides a range of information about child care facility licensing, operations, inspections & investigations. Also provides information, assistance & training resources.

	San Marcos Child Care Licensing Office & State Child Protective Services Phone: 512-753-2259 Web: www.hhs.texas.gov/services/safety/child-care Address: 1901 Dutton Dr., San Marcos, TX 78666	<ul style="list-style-type: none"> To search for child care operations & facilities, go to: www.dfps.state.tx.us/Child_Care/Search_Texas_Child_Care/default.asp. Website available in English & Spanish. For information on how to contact Texas HHS offices & service agencies, go to: www.hhs.texas.gov/about-hhs/find-us.
Stand Up Parenting	Phone: 512-479-9334 (not a direct number – leave a message)	<ul style="list-style-type: none"> TOUGHLOVE parent support group. This is a self-help, active, parent support group for parents troubled by their children’s behavior.
Foster Care & Adoption Information	Phone: 800-233-3405 Web: www.dfps.state.tx.us/Child_Protection/children_in_our_care.asp	<ul style="list-style-type: none"> For information on becoming a foster or adoptive parent through Texas Department of Family & Protective Services.

VETERANS SERVICES

NAME	CONTACT INFO	DESCRIPTION
Central Texas Veterans Health Care System (CTVHCS) Mental Health & Behavioral Medicine	Austin Outpatient Clinic Toll Free Phone: 800-423-2111 TTY: Dial 711 Web: www.centraltexas.va.gov/ Address: 7901 Metropolis Dr., Austin, TX 78744-3111 Austin Vet Center Phone: 512-416-1314 Address: 1524 S IH35, Suite 100, Austin, TX 78704	<ul style="list-style-type: none"> The Central Texas Veterans Health Care System (CTVHCS) serves veterans in 39 Central Texas counties including Hays County. CTVHCS has an outpatient clinic (no emergency room) & a vet center in Austin, 2 medical centers (Temple & Waco) & a wide range of other clinics, rehabilitation units & health care service facilities to serve veterans. For a listing of Austin Outpatient Clinic departments & phone numbers, go to: www.centraltexas.va.gov/locations/Austin.asp. For a listing of Central Texas Veterans Health Care System Services, service location(s) & phone numbers, go to: www.centraltexas.va.gov/services/. For additional information on contacting the Central Texas Veterans Health Care System, go to: www.centraltexas.va.gov/contact/index.asp.
Veterans Crisis Line	24/7 Toll-Free Crisis Line: 800-273-2855, press 1 TTY: 711 then 800-273-8255 or use preferred relay service Text: 838255 Web: www.veteranscrisisline.net/	<ul style="list-style-type: none"> For veterans, other service members, National Guard & Reserve in crisis or someone concerned about a Veteran in crisis. Available to anyone even if not registered with the VA or enrolled in VA health care. Free & confidential. For Chat, go to www.veteranscrisisline.net/ then click on Chat Online. Also provides local resources. Go to www.veteranscrisisline.net/get-help/local-resources for US Dept. of Veterans Affairs Resources, National Resources Directory Resources & SAMHSA Behavioral Health Treatment Services Resources. Select the zip code or state as well as by the type of resource needed. Resources are available for VA Medical Centers, Outpatient Clinics, Veterans Benefits Administration Offices, Vet Centers & Suicide Prevention Coordinators.
Veterans Phone Apps	Web iTunes: apps.apple.com/us/app/texas-veterans-mobile-app/id1472570333	<ul style="list-style-type: none"> Mobile applications designed to provide U.S. Military Veterans easy access to the Veterans Crisis Line, Hotline for Women Veterans, Connect with Texas Veterans, Texas Veterans Hotline, and the Texas

	<p>Web Google Play: play.google.com/store/apps/details?id=com.hhsc.texasveteransmobile&hl=en</p>	<p>Veterans Portal. The Veterans Crisis Line and Hotline for Women Veterans are nationally supported help lines.</p> <ul style="list-style-type: none"> This information provided by Texas Health & Human Services. For more information, go to : hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services
TexVet	<p>Web: www.texvet.org Hill Country MHDD Mental Health Resources for Vets Web: www.texvet.org/resources/hill-country-mhdd</p>	<ul style="list-style-type: none"> TexVet is the state clearinghouse for information, resources, data, technical support & research relevant to service members, veterans, their families & those who serve them. For more information on Hays County veteran resources, go to: www.texvet.org/county/25148/2625. Resources include emergency funds, food, transition to civilian life services, mental health, youth/family, jobs & business, transportation, social, legal, homelessness & events There is also information on free VA claims assistance & information for the Hill Country Military Veteran Peer Network contact.
Military Veteran Peer Network – a part of TexVet	<p>General MVPN Info Web: www.texvet.org/resources/mvpn-military-veteran-peer-network Peer Contact List Web: www.texvet.org/partners/mvpn-military-veteran-peer-network</p>	<ul style="list-style-type: none"> For those who have served or are currently serving in Armed Forces & their family members. The Military Veteran Peer Network is part of TexVet. The peer network’s mission is to establish camaraderie & trust, identify & review community resources & contribute collectively to the communities where veterans live. The network connects veterans & their families to resources through an active group of veteran peers. Peers also talk with veterans & support those who face challenges related to combat, deployment & other military issues. For the Hill Country peer contact, go to: https://www.texvet.org/resources/mvpn-hill-country.
Texas Veterans Portal	<p>Phone: 800-252-8387 Web: https://www.texvet.org/partners/texasgov Web Itunes: www.apps.apple.com/us/app/texas-veterans-app/id838440993 Web Google Play : www.play.google.com/store/apps/details?id=com.hhsc.texasveteransmobile&hl=en</p>	<ul style="list-style-type: none"> Connects veterans, their families & caregivers to the benefits & services earned through the veteran’s military service. Provides information on: health & wellness, education & training, employment & career, housing & loans, active duty in Texas, license, records & medals, dependents & caregivers, legal & financial, disabilities & claims, women veterans, agencies & events/calendar. The Texas Veterans App provides easy access to the Veterans Crisis Line, Women Veterans Hotline, Connect with Texas Veterans, Texas Veterans Hotline & Texas Veterans Portal.
Texas Veterans Commission	<p>Phone: 512-463-6564 Crisis Hotline: 800-273-8255, press 1 Vets Info Line: 800-252-VETS (8387) Web: www.tvc.texas.gov Address: P.O. Box 12277, Austin, TX 78711-227</p>	<ul style="list-style-type: none"> The Texas Veterans Commission advocates for & provides service to veterans to improve the quality of life for all Texas veterans, their families & survivors. Provides a broad range of information useful for veterans.

REHABILITATION & DISABILITY SERVICES

NAME	CONTACT INFO	DESCRIPTION
Austin Resource Center for Independent Living, Inc. (ARCIL)	<p>Phone: 512-396-5790 Toll Free: 800-572-2973 Address: 618 S. Guadalupe St., Suite 103, San Marcos, TX 78666</p>	<ul style="list-style-type: none"> Independent skills training for persons with disabilities.

Arc of the Capital Area	Phone: 512-476-7044 Email: Web: https://www.arcaustin.org/ Address: 4902 Grover Ave., Austin TX 78756	<ul style="list-style-type: none"> Provides services to children & adults with mental retardation & other developmental disabilities.
Texas Department of Assistive Rehabilitative Services (DARS)	DARS Division for Rehabilitative Services Phone: 254-770-5800 DARS Division for the Blind Phone: 254-753-1552 CTADVRC Phone: 855-937-2372 Web: http://ctadvrc.org/blog/projects/texas-department-of-assistive-and-rehabilitative-services/	<ul style="list-style-type: none"> The Central Texas Aging, Disability & Veterans Resource Center (CTADVRC) through the Department of Assistive & Rehabilitative Service (DARS) can help people with physical or mental disabilities prepare for, find or keep a job. Provides disability determination services. Provides rehabilitation employment assessment & planning, counseling, job & behavioral skills training, hearing exams & aids, rehabilitation technology (prosthetics) & job placement. Provides blindness assessments, rehabilitation, counseling, referrals, services for deaf-blind individuals, technology aids & devices, reader services, transportation & vocational training.
Texas Workforce Commission Vocational Rehabilitation Services (VRS)	General Phone: 512-936-6400 San Marcos (Texas Workforce Solutions) VRS Phone: 512-392-1291 Texas State University VRS Phone: 800-245-8149 or 512-245-3625 General Web: www.twc.texas.gov/jobseekers/vocational-rehabilitation-services	<ul style="list-style-type: none"> Supports job seekers with disabilities as they prepare for, obtain, maintain or advance in employment. Supports everyone who wants to work with supports & services to help them get a job, keep a job or advance in a career. For those with visual, physical or auditory disabilities. Local TWC Vocational Rehabilitation offices are in San Marcos & at Texas State University. Website has information on a wide range of vocational rehabilitation services for adults, youth & students, older blind individuals as well as information on the Crisis Cole Rehabilitation Center for the legally blind . Chat Line is available on the website.
San Marcos Interpreting for the Deaf	Phone: 512-754-8047 After Hours Phone: 512-715-2042 Email: sanmarcosinterp@yahoo.com Web: www.sanmarcosinterpreting.com Address: 2706 Leslie Lane, San Marcos, TX 78666	<ul style="list-style-type: none"> Serves San Marcos & Hays County along with many surrounding cities & counties. Services available 24/7/365. Interpretation services provided for: American Sign Language, oral (spoken to sign), tactile (deaf-blind, low vision, trilingual (English to American Sign Language to Spanish) & other specialized services.

SENIOR & ELDERLY SERVICES

NAME	CONTACT INFO	DESCRIPTION
Angels for Elders	Phone: 512-847-7445 Toll Free: 866-247.0183 Email: Use link at website Address: 201 FM 3237, Suite 124, Wimberley, TX 78676	<ul style="list-style-type: none"> Personal care, companion care, transportation, financial management, homemaking (cleaning, laundry & meal preparation) & live-in services. Also provides respite care, hospice care & dementia care. Locally owned.
The Friends Foundation	Phone: 512-592-1345 Email: info@thefriendsfoundation.org Address: PO Box 8, Dripping Springs, TX 78620	<ul style="list-style-type: none"> Helping those who are 60+ years of age living in Dripping Springs live independently at home Provides meals (Our Daily Bread Service), financial assistance, lifeline MediAlert equipment, smoke alarm installation & maintenance, 911 address signs & end-of-life care services (Butterflies Are Free Program). Call the foundation for eligibility information. For more information on services & programs, go to: www.thefriendsfoundation.org/services/

Area Agency on Aging	Phone: 512-916-6062 Web: www.aaacap.org	<ul style="list-style-type: none"> Resources for adults over 60 years of age.
Austin Groups for the Elderly (AGE) of Central Texas	General Phone: 512-451-4611 Thrive Center Phone: 512-458-6305 Caregiver Resource Center Phone: 512-600-9275 Health Equipment Lending Phone: 512-600-9288 Web: www.ageofcentraltx.org/ Address: 3710 Cedar St., Austin, TX 78705	<ul style="list-style-type: none"> AGE of Central Texas supports a range of services & resources that help older adults & family caregivers thrive as they navigate the realities & opportunities of aging & care giving. AGE connects individuals to community resources. Offers a wide & diverse range of services & resources including adult day health care, caregiver education (including a Caregiver U course & other courses) & resources, early memory loss support, a health equipment lending program & peer-based computer classes. <p>Senior Related Programs</p> <ul style="list-style-type: none"> Go to www.ageofcentraltx.org/index.php/seniors/ for an overview of available senior programs & services. Thrive Social & Wellness Center: Daytime care program (Mon to Fri 7 am to 5:30 pm) for older adults with physical or cognitive needs.. Fee \$70 per day including transportation to the program. Can get transportation to the Thrive Center from South Austin (requires driving from Dripping Springs to South Austin). Call to inquire about availability. Contact the Thrive Center program director to find out about the intake process. Health Equipment Lending Program. Loans gently used Durable Medical Equipment for free to those in need in the community. Also has free incontinence products. To request & reserve items, call 512-600-9288 or email Help@AGEofCentralTX.org. Memory Connections: This facilitated support group offers brain exercises & emotional support for older adults with early memory loss. Also offers monthly caregiver support. Contact the Memory Connections program director to find out about the intake process. AGE Computer Lab: Hands-on, low cost technology classes & learning opportunities. Fall Prevention Classes: Free, year-round & available in Hays County. Virtual Connections: This monthly subscription program offers weekly small group & virtual (on-line) activities for individuals living with memory or cognition challenges based on cognitive ability (a mental ability assessment determines appropriate activities). Fee is \$100 per month. To schedule a consultation or for more information, email MemoryInfo@AGEofCentralTX.org. Contact the Virtual Connections program director to find out about the intake process. <p>Caregiver Programs</p> <ul style="list-style-type: none"> Go to www.ageofcentraltx.org/index.php/caregivers/ for an overview of available caregiver programs & resources. Caregiver Resource & Information Center: Free community educational seminars & monthly caregiver support groups. AGE's Navigation Center offers free personalized assistance & guidance by phone, email or walk-in. Available in Hays County. Caregiver U. & Other Classes: Offers free courses year-round in Hays County for nonprofessional family caregivers. To find a Caregiver U class, go to www.CaregiverUcentx.org. For classes & other events, go to www.ageofcentraltx.org/index.php/events/calendar/. For caregiver resources, go to https://ageofcentraltx.org/index.php/caregivers/caregiver-resources/. Accepts Medicaid, Veteran's benefits, long-term care insurance or private pay. Available in English & Spanish.

<p>Department of Aging & Disability Services (DADS)</p>	<p>Phone: 512-438-3011 Toll Free: 800-252-9240 To Report Abuse, Neglect or Exploitation: 800-458-9858 Web: www.hhs.texas.gov/ Address: 701 W. 51st St., Austin, TX 78714</p>	<ul style="list-style-type: none"> • A department of Texas Health & Human Services that administers long-term services for people who are aging as well as people with physical, intellectual or developmental disabilities. • To report an allegation of abuse, neglect or exploitation, call DADS Customer Rights & Services at 800-458-9858. • For more information about Texas Health & Human Services, go to www.hhs.texas.gov/hhs-services
<p>Social Security</p>	<p>North Austin Phone: 866-627-6991 National Toll Free: 800-772-1213 TTY: 800-325-0778 Web: www.ssa.gov South Austin Address: 5508 Hwy 290 W., Bldg. B, Austin, TX 78735</p>	<ul style="list-style-type: none"> • The United States Social Security Administration is an independent agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivor benefits.
<p>Drive A Senior Central Texas</p>	<p>Phone: 512. 445-5552 (Answered Mon-Thurs 9 am-3 pm, Fri 9 am-1 pm) Email: ctx@driveasenior.org Web: www.driveaseniorcentraltexas.org/ Address: 6705 W. Hwy 290, PO Box 50268, Austin, TX 78735</p>	<ul style="list-style-type: none"> • Provides senior citizens help to thrive as they want – to be mobile, healthy & active – in Dripping Springs. • Focus is on medical appointment rides & other essential travel rides primarily during weekdays but there are also some rides on weekends. Confirm the kinds of rides that are available & when they’re available. • Provides rides for clients of record. To become a client, call to determine eligibility & complete the intake process. After you become an eligible client, you may begin scheduling rides for yourself. You cannot schedule rides for other persons. • Eligibility is for those who are: 60+ years old, non-driving or limited-driving persons, live in their own homes or with family members, live inside the service area (refer to Dripping Springs service area map link below) & able to walk on their own (or with a cane/walker). • Rides are on an “as available” basis. This is not an “on demand” service & rides are not guaranteed. • Call ahead & schedule your ride ahead of time (5-days notice is preferred). For the best chance of getting a ride, schedule pickup & drop off during non-peak traffic times (10 am to 2 pm), Mon. through Friday. • Provides curb to curb, door to door & door through door rides. • All rides are free. • For a map of the Dripping Springs service area, go to www.google.com/maps/d/u/0/viewer?mid=1AmqOef0F89WAN5qCDkYcswK5p4M5t845&ll=30.173970679753776%2C-98.04182561838262&z=12
<p>Meals on Wheels Central Texas</p>	<p>General Phone: 512-476-6325 (MEAL) In-Home Care Phone: 512-477-2273 (CARE) Email: email@mealsonwheelscentraltexas.org Web: www.mealsonwheelscentraltexas.org/ In-Home Care Web: www.inhomecareaustin.org Address: 3227 E. 5th St., Austin, TX 78702</p>	<p>Meal Programs</p> <ul style="list-style-type: none"> • Provides hot, nutritious lunchtime meals to homebound older adults & persons with disabilities to help keep people healthy & living in their own homes. • Has several other meal programs including supplemental breakfast meals for seniors, after school meals for kids, ready meals for seniors in rural areas, nutritional support for seniors, senior center lunches & daytime senior activities & grocery shopping service for seniors & adults with disabilities. <p>In-Home Care</p> <ul style="list-style-type: none"> • Provides the elderly & those with disabilities with in-home care & personal care services that help people remain living in their homes with dignity & independence, especially those aging in place & adults with disabilities who need assistance with activities of daily living. • May include personal care services like personal hygiene, meal preparation, medication reminders, movement assistance, Rx pick-ups or accompanying elderly to & from medical appointments as well as homemaker services like laundry, shopping, light housekeeping,

		<ul style="list-style-type: none"> • Also offers supportive services for those undergoing treatment, recovering from surgery or under Hospice care including caregiver respite care, Rx pick-ups, medical appointment accompaniment or other services. • To submit an in-home care inquiry form online, go to www.mealsonwheelscentraltexas.org/get-involved/In-Home-Care-Inquiry-Form?/get-involved/hand-inquiry-form • Private pay & sliding scale fee based. Contact Meals On Wheels to determine eligibility. <p>Other Programs</p> <ul style="list-style-type: none"> • PALS: Pet food & veterinary care assistance for pets of seniors. • Home Repair: Home safety repair for seniors, veterans & adults with disabilities. • Mike's Place Respite Care: Weekday respite care for adults & seniors with dementia & Alzheimer's disease who live at home & are being cared for by family members. • Other services: Includes case management, safety watch & technology programs. • Meal On Wheels programs are available for those in Hays County.
Faith In Action	Phone: 512-445-5552	<ul style="list-style-type: none"> • Caregivers for the elderly.
Home Instead Senior Care	Phone: 512-862-2945 Toll Free: 888-331-3242 Web: https://www.homeinstead.com/496/home-instead-senior-care Address: 1217 W. Slaughter Lane, Suite 130, Austin, TX 78748	<ul style="list-style-type: none"> • Provides a range of home care services including companionship, personal care, Alzheimer's & dementia support, meal preparation, respite care, hospice support, transitional/short term care services & 24-hour or overnight care. • Also provides in-home care services for chronic illnesses like Alzheimer's & dementia, heart disease/stroke, weight related issues, Parkinson's, cancer, arthritis & diabetes. • Provides services in Dripping Springs, Driftwood, & Wimberley & other areas. The Westlake Hills location services this area. • Accepts a range of payment options including private pay, long-term care insurance, Medicaid waivers, veteran's assistance/benefits & Medicare Advantage plans. Call to determine eligibility & get detailed information for these payment options. • Home Instead Senior Care is a national franchise organization.
Caring Senior Service	Phone: 512-310-2273 Web: www.caringseniorservice.com/ Address: 223 W. Anderson Lane, Suite B355, Austin TX 78752	<ul style="list-style-type: none"> • Offers in-home care for seniors who want to make aging in place their first choice. • Provides a wide range of essential services including personal care, transportation, meal preparation, medication reminders, companionship, respite care, errand services, light housekeeping. • Also provides specialty programs for Alzheimer's & dementia, Congestive Heart Failure, COPD, stroke, pneumonia, infection control, hip & knee replacement, & fall risk.
Essential Next Steps	Phone: 512-215-0383 Email: Link at Website Web: www.essentialnextsteps.com Address: 166 Hargraves Dr., Suite C400 #619, Austin, TX 78737	<ul style="list-style-type: none"> • Provides services to organize life's transitions, create the best solutions for older adults at home & make changes to current home or a new home. • Services include: transition planning & coordination, home modification & relocation guidance, downsizing/right-sizing & organizing assistance.
Hill Country Senior Center	Phone: 512-858-4663 Email: Link at Website Web: www.HCseniorcenter.org Address: 1310 Hwy 290 W, Dripping Springs, Tx 78620	<ul style="list-style-type: none"> • Offers a gathering place with programs & services that encourage seniors to retain their independence & dignity. • Serves noon meals Monday through Friday & has a transportation service. • No dues or membership fees. • For Hays County residents who are age 60 and over.

Lavender Springs Assisted Living	Phone: 512-858-0211 Web: www.lavendersprings.com/ Address: 13701 Trautwein Rd., Austin, TX 78737	<ul style="list-style-type: none"> • A small, 16-resident assisted living home whose mission is serving the senior community with exceptional care & providing their families with peace of mind – all the while, making great friendships in a place we call home. • Services include 24-hour personal care & supervision, medication assistance, personal care services, meals, laundry, housekeeping & respite care. • Christian owned & operated/faith based.
Ledgestone Senior Living	Phone: 512-645-1445 Web: www.civitaseniorliving.com/our-communities/ledgestone/ Address: 13150 Four Star Blvd., Austin, TX 78737	<ul style="list-style-type: none"> • Provides Independent & assisted living as well as memory care. • Owned & operated by Civitas Senior Living.
Adult Protective Services (APS)	Report Abuse Phone: 800-252-5400 Report Abuse Online Web: www.txabusehotline.org General Phone: 512-438-4800 General Web: www.dfps.state.tx.us/adult_protection/ Address: 701 W. 51 st St., Austin, TX 78751 Mail Address: P.O. Box 149030, Austin, TX 78714-9030	<ul style="list-style-type: none"> • Adult Protective Services (APS) is an agency in the Texas Department of Family & Protective Services (DFPS). • APS investigates reports of abuse, neglect & exploitation of adults who are elderly (age 65 or older) or have disabilities, conducts investigations & provides services for adults living in the community & educates the public about prevention of elder abuse. • Reporting adult abuse, neglect or exploitation depends on the urgency of the situation: <ul style="list-style-type: none"> - Call the Texas Abuse Hotline at 800-252-5400 if the situation is urgent & needs to be investigated within 24 hours or for trouble reporting concerns online at the Texas Abuse Hotline website. - Call 911 or local law enforcement in an emergency or life threatening situation. - Complete an online report at the Texas Abuse Hotline Website at www.txabusehotline.org if the situation does not need to be investigated right away. • For TTY reporting: Call Relay Texas at 711 or 800-735-2989. Ask the relay agent to call the Texas Abuse Hotline at 800-252-5400. • To find a complete list of Texas DFPS contacts, go to: www.dfps.state.tx.us/Contact_Us/. • Website available in English & Spanish.

CAREGIVER, RESPITE, HOSPICE & HOMECARE SUPPORT

Blue Horizons Hospice	Contact: Edna Ruiz 210-464-6426 Toll Free: 833-467-7123 (HOSP1CE), Ext 1 Email: e.ruiz@bluehorizonsaustin.com Website: www.bluehorizonshospice.com/austin/ Address: 12010 Hwy 290, Suite 190, Austin, TX 78737	<ul style="list-style-type: none"> • Provides compassionate hospice care with clinical excellence to enrich the quality of life as life's journey nears its completion. Through supportive, loving, comfort care Blue Horizon offers patients & their families comfort for body, mind & spirit. • Provides nursing care, social work, personal care assistance, spiritual support, nutrition & bereavement counseling & volunteer services. • Services provided at home or in independent living, assisted living or skilled nursing facilities. • Medicare covers the cost of these services. • Serves Hays County & the surrounding area. • Services available 24/7/365.
Robinson Creek Home Health & Hospice in Oak Hill	Phone: 512-328-7606 Email: info@rchohomehealthhospice.com Web: www.rchohomehealthhospice.com/ Address: 5316 Hwy. 290 West, Suite 360, Austin, TX 78735	<ul style="list-style-type: none"> • Provides home health care & hospice services. • Mission is to support patients in the environment that provides them the most comfort – their homes – surrounded by the people they love. • Locally owned. • In most cases, Medicare covers the cost of these services with the written authorization of your doctor.

<p>True Heart Hospice & Palliative Care</p>	<p>Contact: Dura Sims Phone: 830-837-3162 Alternate Phone: 512-649-2274 Email: dura@truehearthospice.com Web: www.truehearthospice.com Address: 7719 Wood Hollow Dr., Suite 216, Austin, TX 78731</p>	<ul style="list-style-type: none"> • Call to inquire about other healthcare insurance accepted. • Provides care wherever one calls home. • Provides social services with case management & spiritual care. • Provides Palliative Care services if someone has more than three of the following situations: <ul style="list-style-type: none"> - Fear of the inability to get to a doctor on-time or a desire to not return to the doctor. - Have had 2 or more recent hospitalizations. - Have 2 or more chronic conditions like COPD or CHF. - Have had 2 or more infections in the last 6 months that require antibiotics. - Need more acute care than what transitional care services offer. • Provides Hospice Care for the following situations: <ul style="list-style-type: none"> - Experiencing advanced, life-limiting illness. - Want compassionate care in the last phases of incurable disease to live as fully & comfortably as possible. - Includes a Medical Director who oversees the medical care plan as well as a team consisting of a Nurse, CNA (Certified Nurse Assistant) & Social Worker as well as Pastoral Care & volunteers. - Pays for all medications with diagnosis. - Pays for all Durable Medical Equipment such as hospital bed, wheel chair, walker, crutches, toilet seat, shower chair, night stand, oxygen & other supportive equipment. • Provides services & support for Dripping Springs, Hays County & surrounding county residents.
<p>Caregiving Café</p>	<p>Contact: Lynn Greenblatt Phone: 512-301-3560 Email: forum@caregivingcafe.com Web: www.caregivingcafe.com Blog: www.caregivingcafe.com/blog Facebook Page: www.facebook.com/CaregivingCafe</p>	<p>Caregiving Café is a support group that aims to:</p> <ul style="list-style-type: none"> • Enable family caregivers to provide care to senior loved ones or to themselves when care is needed. • Reduce isolation & promote well-being by connecting family caregivers to one another & by promoting self-care. • Offers a directory of useful links, contacts, resources & information about all aspects of caregiving. Includes resource information about caregiver training, agencies, crisis hotlines, research, house calls, checklists, inspiration & more. • Offers online sessions. To request information about the online sessions, send an email or go to the Facebook page. • Support group meets using video conferencing on the 2nd & 4th Thursday monthly from 10AM to 12PM. Please email for information & link to join • Free & confidential.