

Mental Health Resources

If you or someone you now is having a medical emergency: CALL 911

If you or someone you know is experiencing a mental health crisis, you can contact the following agencies:

Integral Care Services & Psychiatric Emergency Services (PES)

1631 E. 2nd St., Austin, TX 78702
(512) 472-4357 ext. 4 Main Intake (512-472-HELP)

PES is a walk-in psychiatric emergency service clinic that is open 24/7 and is staffed by licensed clinicians, psychiatrists, nurses, and qualified mental health professionals. PES provides psychiatric assessment, crisis intervention, linkage with resources, and physician services to children/youth and adults experiencing psychiatric distress.

Outpatient Services

Lone Star Circle of Care (Round Rock)

(512) 524-9273 Main, (877) 800-5722 Toll Free

Hill Country Counseling Center (512) 491-8444

Inpatient Psychiatric Hospitals

Austin Lakes Hospital (512) 544-5253

Private hospital

Austin Oaks (512) 440-4800

Private Hospital

*accepts juveniles

Austin State Hospital (512) 452-0381

State funded and managed

Cross Creek Hospital (877) 971-6689

Private Hospital

*accepts juveniles, *co-occurring substance use

Georgetown Behavioral Health Institute

(877)500-9151)

Private Hospital

*accepts juveniles

Rock Springs Hospital (512) 948-3636

Private Hospital

*co-occurring substance use

Who can help?

The Victim Services Unit within the Travis County Sheriff's Office can provide assistance with information about your case status, Crime Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to appropriate helping professionals or organizations according to your specific needs.



Helpful Websites

Crisis Chat

www.crisischat.org

National Alliance on Mental Illness

www.nami.org

National Institute of Mental Health

www.nimh.nih.gov

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Depression and Bipolar Support Alliance-Heart of Texas

www.dbsaheartoftexas.org

Texas Dept. of State Health Services – Mental Health

www.dshs.texas.gov/MHSA

Mental Health

Victim Services Unit

5555 Airport Blvd

Austin, TX 78751

512-854-9709



Name/ID Number:

Direct Number:

Mailing Address:

PO Box 1748

Austin, TX 78767

What is Mental Illness?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with the ordinary demands and routines of life. There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, anxiety disorders and schizophrenia. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Mental health problems may be related to excessive stress due to a particular situation or a series of events. As with cancer, diabetes and heart disease, mental illnesses often have symptoms that are physical in addition to emotional and psychological symptoms. Mental illnesses may be caused by a reaction to genetic factors, environmental stresses, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.

Most families are not prepared to cope with learning their loved one has a mental illness. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others.

If you think you or someone you know may have a mental or emotional problem, it is important to remember there is hope and help available.

Warning Signs and Symptoms

Major mental illnesses rarely appear “out of the blue.” Most often family, friends, teachers, or individuals themselves recognize that “something is not quite right” about their thinking, feelings, or behavior before a mental illness is diagnosed.

Being informed about developing symptoms, or early warning signs, can lead to intervention that can help reduce the severity of an illness. It may even be possible to delay or prevent a major mental illness altogether.

The following are signs that you or your loved one may want to speak to a medical or mental health professional. One or two of these symptoms can't predict a mental illness. But a person experiencing several together that are causing serious problems in his or her ability to study, work, or relate to others should be seen by a medical or mental health professional.

In Adults

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

In Older Children and Pre-Adolescents

- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger
- Substance abuse

In Young Children

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (ie. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

Shame, fear, denial, and other factors often prevent individuals or their family members from seeking help. Ongoing individual and family counseling, vocational and educational support, and medication when appropriate, can all be powerful elements of an effective and comprehensive treatment plan.