



Online Resources

[MentalHealthTX](#)- A comprehensive website to get help for you or someone you know, with resources on common mental health conditions.

[National Alliance on Mental Illness \(NAMI\)](#)- The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Resources on a variety of mental health topics, as well as support and education.

[Depression and Bipolar Support Alliance](#)- An organization committed to providing hope, help, and support for the improvement of the lives of people who have mood disorders.

[Anxiety & Depression Association of America](#)- An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

[National Institute of Mental Health](#)- A lead government agency that studies the full range of mental illnesses. The "Health Topics" section of its website provides basic information about a wide range of issues related to mental health and more.

[Job Accommodation Network](#)- The leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues.

[National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)- A government agency that supports research and educates the public about alcohol and alcohol problems.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)- A U. S. Department of Health and Human Services agency 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. SAMHSA hosts a treatment-finder and a 24/7 helpline that can help you find mental health or substance treatment.

[National Eating Disorder Association \(NEDA\)](#)- The largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

[Postpartum Support International](#)- An association that promotes the awareness, prevention, and treatment of mental health issues related to childbearing.

Text Support Resources

[Crisis Text Line](#)- Text NAMI to 741-741. Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Suicide Prevention Lifeline](#)- 988 - Connects you with a crisis center in the Lifeline network closest to your location. Your chat will be answered by a trained crisis worker who will chat empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area.

[National Domestic Violence Hotline](#)- Text START to 88788. Connect with trained expert advocates who are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information.

[The Trevor Project](#)- Text START to 678-678. Connect with trained counselors who understand the challenges LGBTQ young people face.

[Texas Lawyers' Assistance Program](#)- Text 800-343-TLAP (8527) to get help for lawyers regarding substance use and other mental health issues.

[Postpartum Support International](#)- Text HELP to 800-944-4773. Connect with someone who can help with postpartum challenges.

[National Eating Disorder Association](#) (NEDA)- Text 800-931-2237 for help with an eating disorder. NEDA is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

[Phone/Chat Support Resources](#)

Your Employee Assistance Program- Check with your Human Resources for more information.

[HealthSelect Blue Cross/Blue Shield](#)- 800-252-8039 - For HealthSelect members. Call and ask to speak with a mental health clinician.

[Integral Care](#)- 512-472-4357 (Travis County) - Is the local authority that supports adults and children living with mental illness, substance use disorders, and intellectual and developmental disabilities in Travis County.

[Bluebonnet Trails Community Services](#)- 800-841-1255 (Williamson, Burnet, Bastrop, and Caldwell Counties)- Crisis hotline with referrals to local services for a variety of issues.

[National Suicide Prevention Lifeline](#)- 988- Connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free. [Chat support](#) also available online.

[National Domestic Violence Hotline](#)- 800-799-SAFE (7233)- Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. [Chat support](#) also available online.

[National Sexual Assault Hotline \(RAINN\)](#)- 800-656-HOPE (4673)- Connects you with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. [Chat support](#) also available online.

[SAMHSA](#) (Substance Abuse and Mental Health Services Administration)- 800-662-HELP (4357)- Free, confidential, 24/7 treatment referral and information service for individuals and families facing mental and/or substance use disorders.

[Veterans Crisis Line](#)- 800-273-8255 and Press 1- 24/7 confidential crisis support for veterans and their loved ones.

[The Trevor Project](#) - 866-488-7386- LGBTQ-focused help for young people considering suicide. Information and support 24/7. [Chat support](#) also available online.

[Texas Lawyers' Assistance Program](#)- 800-343-TLAP (8527)- Help for lawyers concerning substance use and other mental health issues.

[Postpartum Support International](#)- 800-944-4773- Help for mental health issues related to childbearing. [Chat support](#) also available.

[National Eating Disorder Association](#) (NEDA)-800-931-2237 - Helpline for individuals and families affected by eating disorders. [Chat support](#) also available online.

Treatment Resources

[Doctor on Demand](#) - Consult a licensed mental health professional any day of the week, online. A mental health Virtual Visit is similar to an outpatient visit to a mental health provider's office, but the visit is conducted online (videoconference only, telephonic not available). This resource is available at no cost to HealthSelect participants. For more information on virtual visits, click [here](#).

Your Employee Assistance Program- Check with your Human Resources for more information.

[HealthSelect Blue Cross/Blue Shield](#)- If you are a HealthSelect member, call 800-252-8039 and ask to speak with a mental health clinician who can give you relevant treatment resources.

[Alcoholics Anonymous](#)- An association of people working toward solving their disordered use of alcohol Membership is open to anyone who wants to achieve sobriety.

Central Texas [Narcotics Anonymous](#)- A group offering recovery to those with substance use disorders

[Al-Anon and AlaTeen](#)- Group that offers hope and help to families and friends of alcoholics.

[Bipolar Disorder Center](#) and [Mood Treatment Center for Bipolar Disorder](#)- Coordinated bipolar outpatient treatment that works with the patient to reduce the burden of both the illness and its treatment's side effects, using scientifically proven resources to enhance personal growth and well-being.

Emergency Mental Health Resources

[HealthSelect Blue Cross/Blue Shield](#)- 800-252-8039 - HealthSelect members can ask to speak with a mental health clinician.

[Psychiatric Emergency Services](#) (Integral Care - 512-472-4357) - This walk-in, [urgent care clinic](#) is for adults and children having a mental health crisis. Services include care plans to help keep people safe, mental health support for up to 90 days, medicine, and connection to other Integral Care programs.