

## Austin Area Mental Health Resources

Please contact one of these resources if you are experiencing a mental health crisis:

Integral Care - community mental health centers

*(multiple locations in Austin).*

512-472-HELP (4357)

<https://integralcare.org/>

Walk in mental health clinic:

Psychiatric Emergency Services

Richard E. Hopkins Behavioral Health Building

1165 Airport Blvd., Second Floor, Austin, TX 78702

Hours Monday – Friday, 8am to 10pm,

Saturday, Sunday and Holidays, 10am to 8pm

*(also offers several other mental health and primary care clinics in the Austin area)*

National Alliance on Mental Illness – nationwide resource

1-800-950-NAMI (6264)

<https://www.nami.org/>

[info@nami.org](mailto:info@nami.org)

Suicide prevention:

National suicide prevention lifeline

1-800-273-talk (8255) or dial **988**

<https://988lifeline.org/>