

Counseling Resources for low income families (Austin Locations)

If you have insurance, you may want to contact your provider for their list of therapists who specialize in grief counseling, working with children or adolescents, anger management, or any other specialty that will meet your needs. This resource list is provided for information purposes only and is not an endorsement of the organizations listed or the services provided.

Directory of Therapists

This website can help you find a therapist. You can search by zip code, insurance, age, or main concern and different providers near you will populate to support your quest to find the right professional.

- psychologytoday.com

Asian Family Support Services of Austin

Counseling support for Asian/Asian-American/Immigrant survivors of domestic violence, sexual assault, and human trafficking. Also offers case management and legal support.

- 512-358-6318
- afssaustin.org
- Bilingual Services Available

Austin Child Guidance Center

Austin Child Guidance Center provides accessible, high quality mental health services to children and their families to empower them to thrive in childhood and beyond.

- 512-451-2242
- austinchildguidance.org/welcome.html
- Bilingual Services Available

Capital Area Counseling

Counseling at Capital Area Counseling (CAC) is available for adults, adolescents, children, couples, and families. Group therapy is also available.

- 512-302-1000
- cacaustin.org
- Bilingual Services Available

Catholic Charities of Central Texas

Services are available to children over the age of 5, adolescents, adults, couples and families.

- 512-651-6100 (Austin)
- 979-822-9340 (Brazos Valley)
- ccctx.org

Flatwater Foundation

No cost therapy for individuals diagnosed with cancer and their families.

- 512-553-2010
- flatwaterfoundation.org/programs/therapy-solution
- Bilingual Services Available

Counseling Resources for low income families (cont.)

Jewish Family Services

Shalom Austin Jewish Family Services

Provides one-on-one counseling with therapist as well as support groups for those who want to connect with others sharing similar experiences. JFS serves people regardless of race, religion, disability, gender or sexual orientation.

- 512-735-8000
- shalomaustin.org/jfsgroups

Life Works

LifeWorks Counseling Division provides support for individuals and families who are struggling with issues such as family conflict, abuse, trauma, anxiety, depression, and the stress of everyday life. LifeWorks is one of the largest providers of affordable/free mental health counseling in our community.

- 512-735-2400
- lifeworksaustin.org
- Bilingual Services Available

NAMI Austin

No cost mental health support groups, classes, and workshops

- 512-420-9810
- Bilingual Services Available

Out Youth

Low to not cost individual therapy for LGBTQ+ youth and young adults as well as family support.

- 512-419-1233
- outyouth.org

St. Edwards University Community Counseling Clinic

Provides low-cost individual, relationship, and/or family counseling.

- 512-428-1248
- stedwards.edu/communityclinic

Texas State University

Low cost individual (child and adult), relationship, and family therapy provided at the San Marcos and Round Rock campuses and open to all community members.

- 512-245-8349 (San Marcos)
- 512-716-4250 (Round Rock)
- txst.edu/clas/Professional-Counseling/counseling-services.html

The SAFE Alliance

No cost individual (child and adult), group, and family therapy for survivors of sexual assault, abuse, domestic violence, and human trafficking. Support services for foster and adoptive families.

- 512-428-1248
- stedwards.edu/communityclinic