

Resource List

Levels of Care: Mental Health Support

There are a variety of levels of care for individuals who are struggling with mental or behavioral health. This document provides an explanation of the various levels of care and available resources in the Houston area.

Suicide Prevention Hotlines

Suicide hotlines are available 24/7 and support individuals in crisis situations. If your child is in crisis and you need immediate help, reach out one of the hotlines.

Emergency Clinics

Emergency clinics are available to provide one-time immediate consultation with a psychiatrist or an advance practice provider to navigate medication needs. These clinics are first come, first served. Please arrive as early as possible and 2 hours before the office closes in order to receive an appointment.

Wrap-Around Services

Offers a variety of comprehensive services that support a child and family experiencing mental health and/or behavioral health challenges.

Intensive Outpatient Program (IOP)

A treatment program that provides intensive therapy typically three to four days a week for three to four hours a day.

Partial Hospitalization Program (PHP)

A treatment program that provides intensive therapy typically four to five days a week for four to eight hours a day.

Inpatient Psychiatric Hospitalization

Hospitalization on a specialized locked mental health unit that lasts from one day to a few weeks to help an individual stabilize.

Residential Treatment Center (RTC)

Intensive “live in” program that provides treatment for youth with serious emotional or behavioral challenges. Typical length of treatment is six weeks to three months.

It is recommended that you check with your insurance provider regarding emergency Behavioral Health treatment.

These resources do not represent an endorsement of the agencies or providers; however, it may help you locate the most appropriate services for your child.

Suicide Prevention Hotlines

Suicide hotlines are available 24/7 and support individuals in crisis situations. If your child is in crisis and you need immediate help, reach out one of the hotlines.

National Suicide Prevention Hotline

Call 988
For Deaf & Hard of Hearing
(800) 799-4889
samhsa.gov/find-help/988

Teen Line - Teens Helping Teens

(310) 855-4673
Text: TEXTTEEN to 839863
teenlineonline.org

Trevor Project Lifeline - LGBTQ Youth

(866) 488-7386
Text: "START" to 678678
thetrevorproject.org/get-help-now

Love is Respect (Dating Concerns/Teen Domestic Violence)

(866) 331-9474
Text: "LOVEIS" to 22522
loveisrespect.org

Crisis Hotline Teenline

(713) 529-8336 (phone call)
(281) 201-4430 (text)
thethreadalliance.org/kids-and-teens

Servicios en Espanol Linea de Crisis - Adolescents

(713) 526-8088
Nacional de Prevencion del Suicidio
(888) 628-9454

Crisis Intervention of Houston

(832) 416-1177 (hotline number)
(832) 416-1199 (hotline for teens)
crisishotline.org

Emergency Clinics

Emergency clinics are available to provide one-time immediate consultation with a psychiatrist or an advance practice provider to navigate medication needs. These clinics are first come, first served. Please arrive as early as possible and 2 hours before the office closes in order to receive an appointment.

Crisis Care Austin

Richard E Hopkins Behavioral Health Building
1165 Airport Blvd., Second Floor
Austin, TX 78702

Hours of operation:

Monday through Friday 8 am – 10 p.m.
Saturday, Sunday and Holidays 10 a.m. – 8 p.m.

Wrap-Around Services

Offers a variety of comprehensive services that support a child and family experiencing mental health and/or behavioral health challenges.

For more information on wrap-around services through the local mental health authority, please visit this link: hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority.

Bastrop, Burnet, Caldwell, Fayette, Gonzales, Guadalupe, Lee and Williamson Counties Bluebonnet Trails Community Services

1009 N. Georgetown Street
Round Rock, TX 78664
Crisis phone: (800) 841-1255
Main phone: (844) 309-6385 or (512) 255-1720
bbtrails.org

Bandera, Blanco, Comal, Edwards, Gillespie, Hays, Kendall, Kerr, Kimble, Kinney, Llano, Mason, Medina, Menard, Real, Schleicher, Sutton, Uvalde and Val Verde Counties Hill Country Mental Health and Developmental Disabilities Centers

819 Water Street, Suite 300
Kerrville, TX 78028
Crisis phone: (877) 466-0660
Main phone: (833) 426-4332 or (830) 792-3300
hillcountry.org

Travis County Integral Care

1165 Airport Blvd.
Austin, TX 78702
Crisis phone: (512) 472-4357
Main phone: (844) 398-8252 or (512) 472-4357

Intensive Outpatient Program (IOP)

A treatment program that provides intensive therapy typically three to four days a week for three to four hours a day.

Partial Hospitalization Program (PHP)

A treatment program that provides intensive therapy typically four to five days a week for four to eight hours a day.

Inpatient Psychiatric Hospitalization

Hospitalization on a specialized locked mental health unit that lasts from one day to a few weeks to help an individual stabilize.

Austin Oaks Hospital

1407 W. Stassney Lane
Austin, TX 78745
(512) 440-4800
austinoakshospital.com

- IOP: Ages 12-17
- PHP: Ages 12-17
- Inpatient: Ages 12-17

Charlie Health

Virtual Only
(866) 721-0962
charliehealth.com

- IOP: Ages 11-17

Cross Creek Hospital

8402 Cross Park Drive
Austin, TX 78754
(855) 408-1016
crosscreekhospital.com

- IOP: Ages 12-17
- PHP: Ages 12-17
- Inpatient: Ages 12-17

Dell Children's Hospital

4900 Mueller Blvd
Austin, TX 78723
(855) 324-0091
healthcare.ascension.org

- IOP: Ages 12-17

Dell Children's Hospital

4900 Mueller Blvd
Austin, TX 78723
(512) 324-9999
healthcare.ascension.org

- IOP: Ages 14-17 (must be in high school)
- PHP: Ages 14-17 (must be in high school)

Discovery Mood and Anxiety Program

1717 W. 6th Suite 300A
Austin, TX 78703
(855) 701-0363
discoverymood.com

- IOP: Ages 11-17
- PHP: Ages 11-17

Pathlight Mood and Anxiety Center

1 Chisholm Train #5100
Round Rock, TX 78681
(866) 576-6702
pathlightbh.com

- IOP: Ages 11-17
- PHP: Ages 11-17

Rock Springs

1335 East Witestone Blvd, Suite Z200
Cedar Park, TX 78613
(913) 254-7265
rockspringshealth.com

- IOP: Ages 8-17
- PHP: Ages 8-17

Timothy Center

- IOP: Ages 14-18 (must be in high school)

Northwest Austin location

11754 Jollyville Road, Suite 110
Austin, TX 78759

South Austin location

9811 SIH 35, Building 1, Suite 101
Austin, TX 78744

Georgetown location:

601 Westinghouse Road
Georgetown, TX 78626

Residential Treatment Center (RTC)

Intensive “live in” program that provides treatment for youth with serious emotional or behavioral challenges. Typical length of treatment is six weeks to three months.

Cedar Crest Hospital

66500 S. I H-35
Belton, TX 76513
(844) 731-0681
cedarcresthospital.com

- Ages 12-17

Laurel Ridge Treatment Center

17720 Corporate Woods Drive
San Antonio, TX 78529
(210) 791-9400
laurelridgetc.com

- Ages 11-17

Meridell Achievement Center

12550 W. Highway 29
Liberty Hill, TX 78642
(800) 366-8656
meridell.com

- Ages 11-17

Center for Success and Independence

3722 Pinemount Drive
Houston, TX 77018
(713) 426-4545
tcsi.org

- Ages 12-17

Rock Springs

1335 East Witestone Blvd, Suite Z200
Cedar Park, TX 78613
(913) 254-7265
rockspringshealth.com

- Ages 13-17