



NAMI Central Texas
National Alliance on Mental Illness



Pathways to Mental Healing

If I am okay, my family is too

Section 4 Get Help – Travis County



Spanish Mental Health Toolkit

This toolkit includes resources for how to improve mental wellbeing and overall wellbeing for you and your family, educational resources to learn more about mental health, and local and national organizations to seek help. All the resources in this toolkit are safe and serve Spanish speaking families and individuals.

Disclaimer: The materials and the information contained in this presentation and/or guide are provided for general and educational purposes only and do not constitute any legal, medical, or other professional advice on any subject matter. None of the information in our module is a substitute for a diagnosis and treatment by a healthcare professional. Always seek the advice of a physician or other qualified health providers for any questions you may have regarding a medical condition. If you have or suspect that you have a medical problem or mental health concern, promptly contact your health care provider or call 911.

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Services and supports that are provided by another person, professional, or agency to assist with different components of well-being such as mental health, resiliency, self-care behaviors, and ability to deal with positive and negative emotions.

Crisis Lines

1. [Crisis Text Line](#)
2. [NAMI Crisis Resources](#)
3. [988 Lifeline](#)
4. [Mental Health America List of Resources](#)
5. [National Eating Disorder Crisis Line](#)
6. [TransLifeLine | \(877\) 565-8860](#)



Support Groups – Groups Where You Can Talk to Someone

A support group is understood to be a group of people who get together on an ongoing basis to help each other face a problem causing changes in their daily lives by sharing experiences. This is a problem that all the group members have in common.

It is a strategy directed toward cooperation and support between people who are living with the same problem in order to contribute toward improvement of each group member's competence when facing the problem in question or its consequences and facing possible future complications. In addition, it provides a place to express doubts, fears and feelings related to their experience in a caring environment where they will meet other people who have gone through the same things and will understand each other.

Source: <https://psicologiaymente.com/clinica/grupos-de-apoyo> (Spanish Only)

Local Support Groups

1. [For Service Members and Their Families](#)
2. Austin Mental Health Community – [Peer Support Group](#)
3. NAMI Central Texas – [Support Groups](#)
4. The Center for Grief and Loss – [Support Groups](#)
5. [Recovery Texas](#)

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Get Help – Travis County – Continued

Therapy Services

Therapy is a type of treatment that aims to improve mental health and well-being. It allows addressing emotional, behavioral, or psychological issues, alleviating symptoms of mental illnesses, and developing coping skills.

There are different types of therapy, each with its own approach and techniques. Sessions are confidential and secure, providing a space to explore thoughts and feelings without fear of judgement.

The duration of therapy varies according to individual needs. It can complement other treatments such as medication or lifestyle changes.

Source: <https://contigowf.org/>

Local Resources

1. [Navegando Austin](#)
List of organizations safe for undocumented individuals
2. [Integral Care](#)
Services for adults, families, and children; accepts insurance, medicaid, medicare, and sliding scale
3. [Latinx Therapy](#)
Directory of Latinx therapists
4. [Samaritan Center](#)
Services for adults and families; income based assistance available
5. [YWCA Austin](#)
Services for adults and families; sliding scale available
6. [Catholic Charities Central Texas](#)
Services for adults, families, and children; accepts medicaid and offers sliding scale
7. [Austin Child Guidance Center](#)
Services for children and families; accepts insurance
8. [AnyBabyCan](#)
Services for children and families; accepts insurance and offers sliding scale
9. [Contigo Wellness](#)
Directory of BIPOC therapists
10. [Capital Area Counseling](#)
Services for adults, families, and children; average cost is \$15-60 and does not accept insurance
11. [LifeWorks](#)
Services for youth and adults; free/ low-cost services