

Resources for Students/Families Impacted by Ukraine/Russia Conflict

Cultural Connection:

- [**Ukrainian American Society of Texas \(UAST\).**](#)
 - Links for Donations to Help Ukrainians. UCCA - Ukrainian Congress Committee of America is preparing to assist with humanitarian needs if Russia is not deterred and millions of Ukrainians are in need of medical assistance or begin crossing the borders into neighboring countries. #SupportUkraine Humanitarian Effort is a Donations Page to support purchases of medical supplies and other relief needs.
- [**Facebook: Austin Ukrainian Page**](#)

Crisis and Mental Health Supports:

- [**Lucine Center**](#)
 - Free telehealth therapy for kids (Texas) who have experienced traumatic event or bereavement. Offers free telehealth therapy for children/teens in Texas that have experienced a traumatic event or bereavement. It's evidence-based therapy that ranges from 8-24 weeks depending on the child's need. Services are also offered in Spanish. Parents can refer using the link above.
- [**Hacket Center for Trauma and Grief**](#)
 - Grief resource, handouts and parent supports.
- [**Crisis Hotlines**](#)
 - (512) 548-9922 (Integral Care)
 - National Suicide Prevention Hotline: 1-800-273-8255 or text HELP to 741741
- [**Non-Crisis Warm Line**](#)
 - (512) 548-9922
 - The Warmline is staffed by volunteer mental health professionals and peers with shared experiences that have been trained in providing emotional support and assistance. The Warmline is for people with emerging non-emergency thoughts and feelings and who may benefit from receiving emotional support and a space for connection.

Supports for Military:

- [**Coping with War and Stress on Families**](#)
 - Information and resources for military members and their families.
 - Mental health supports.
- [**Veteran Hotline**](#) (text, phone, chat)
 - 1-800-273-8255; 838255 text

Resources for Talking to Your Child/Student:

- [**How to talk to your kids about Ukraine \(Article\)**](#)
- [**How to Talk to Kids and Teens About the Crisis in Ukraine**](#)
[**Lifehacker.com**](#)
- [**Parenting Stress Line: 1-800-632-8188**](#)
 - Helpline for parents who need to discuss issues related to their children. Trained volunteer counselors answer the Parental Stress Line and offer support, empathy, encouragement, information, referrals, and crisis intervention.

Mental Health Resources in the Community

- **Empowered Therapy Austin:** www.empoweredtherapyaustin.com
- **Austin Child Guidance Center:** austinchildguidance.org
 - Improving the mental health of children and their families through early intervention, diagnosis and treatment to help them develop the emotional skills to face life's challenges
- **Capital Area Counseling:** cacaustin.org
 - Provides low cost, effective and accessible psychotherapy to Central Texans
- **Catholic Charities Central Texas:** ccctx.org
 - Counseling services, disaster response, financial stability, services to help people give children a healthy life start, immigration services, and veterans services (helping people of all ages, faiths, ethnic backgrounds and economic circumstances).
- **New Life Institute:** newlifetexas.org
 - Non-profit counseling and training organization, dedicated to changing lives by providing professional services to those in emotional or spiritual need regardless of ability to pay.
- **Samaritan Center for Counseling:** samaritan-center.org
 - Professional counseling, integrative medicine, and psychiatric services that are accessible and affordable for all, especially vulnerable populations such as uninsured or underinsured low-income families, and veterans struggling with the emotional wounds of war.
- **YWCA Greater Austin** ywcaaustin.org Quality and affordable trauma informed counseling and support services for individuals, couples, families and groups in English and Spanish
- **Texas State Round Rock Counseling Center**
<https://www.counseling.txstate.edu/services.html>
- **Cedar Park: The Whole Child Center** <http://wholechildcentertx.com/fees/> Offers sliding scale
- **Round Rock and Austin: Gramercy Specialty Clini:**
<https://www.gramercyclinic.com/fees-forms.html> offers sliding scale and pro bono counseling
- **TBCH Hope Program Georgetown Community Resource Center:**
Suzanne.wood@tbch.org 805 W University, Suite 105 Georgetown, TX 78626 737-444-2589
- **STARRY:** <https://www.starry.org/> 4000 Sunrise Rd Bldg 1 Ste 1100 Round Rock, TX 78665 512-388-8290

Resources for Students/Families Impacted by Ukraine/Russia Conflict

- **Rock Springs Health** (IOP and Evaluations) <https://rockspringshealth.com/>
Walk-ins accepted during business hours
- **Integral Care** <https://integralcare.org/en/home/>
- **EMDR Therapy Austin** (low cost) <https://www.emdrtherapyaustin.com/>
- **Capital Area Counseling** <https://cacaustin.org/> NAMI (workshops and group counseling) <https://namicentraltx.org/resources/>
- **Open Path Collective Therapy** <https://openpathcollective.org/>
- **Lifeworks Austin** <https://www.lifeworksaustin.org/counseling>
- **TLB Nutrition Therapy** <https://tlbnutritiontherapy.com/>
- **Beyond Booksmart Coaching** (executive functioning support Virtual) <https://www.beyondbooksmart.com/who-we-are>

Additional Community Resources

Additional therapists:

- **Psychology Today** [psychologytoday.com](https://www.psychologytoday.com) Database of therapists that you can filter by location and insurance type
- **Solid Ground Counseling (se habla espanol)** Acelli Crippen-Kok, LPC
512-793-7737 acelli@solidgroundcounselingtx.com
1464 E. Whitestone Blvd #1901 Cedar Park, TX 78613
- **Anusha Atmakuri, LPC-A** anusha@ironscs.com Supervised by: Lindsey Irons, LPC-S