

Resources and Services

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Food and Nutrition

Organization Name	About	Contact Information
Central Texas Food Bank (CTFB)	Assists residents with a number of different services including: - Monthly food box deliveries (must live in Travis County) - Help with Food Stamps - Nutrition education For more information, go to CTFB's website.	(512) 282-2111 6500 Metropolis Drive Austin, TX 78744 https://www.centraltexasfoodbank.org/
FoodPantries.org	A website that locates food pantries, soup kitchens, and food banks in your area.	https://www.foodpantries.org/

Hope Food Pantry	Weekly food distributions and to qualify you must meet one of the following: - having an annual income at or below 185% of the federal poverty level, - currently receiving some form of government assistance (e.g., SNAP), or - are currently in a crisis requiring emergency food assistance	Doors are open for distribution every Thursday and Friday, and the first Saturday of the month, between 9 – 10:30 a.m. at 4001 Speedway 78751, 40th street doors http://hopefoodpantryaustin.org/
Micah 6 Food Pantry	All are welcome to shop at the food pantry. This resource helps individuals meet their basic needs for food and sustenance.	University Presbyterian Church 2203 San Antonio Street Thursdays 5:30 - 7:00 PM Fridays 1:30 - 3:00 PM Saturdays 9:30 - 11:00 AM https://www.micah6austin.org/foodpantry
FreeFood.org	A website that lists free food resources and services in your area.	https://www.freefood.org/c/tx-austin
Sustainable Food Center (SFC)	- Double Up Food Bucks: Doubles the amount of Lone Star (SNAP), WIC, P-EBT, and FMNP benefits individuals can spend at the farmers' market - YouTube channel with different recipes: https://www.youtube.com/c/SustainableFoodCenter	General website: https://sustainablefoodcenter.org/ Information on Double Up Food Bucks: https://sustainablefoodcenter.org/double-up-food-bucks
Farm Share Austin	Partnered with SFC to deliver produce for free to certain parts of Austin. Produce must be paid for but the delivery is free.	https://www.farmshareaustin.org/curbside-delivery

Cook 'Em	An online collection of student-produced videos designed to highlight food science and safety techniques with easy-to-understand recipes.	https://he.utexas.edu/ntr/initiatives/cook-em
Nutrition Handouts	Various nutrition handouts that can be accessed for free. Also includes quick tips for healthy nutrition.	https://www.healthyhorns.utexas.edu/n_handouts.html
Good and Cheap – A SNAP Cookbook by Leanne Brown	A free, online cookbook with recipes that are inexpensive to make. The goal of this cookbook is to help with cooking on a budget.	https://www.centraltexasfoodbank.org/media/319/download
UT Austin Nutrition Institute	A website that contains information related to nutrition based on real science that aims to empower individuals. - Nutrition Toolkits: A resource library with reliable nutrition information - What's Fresh: A blog with everyday nutrition tips	https://utnutritioninstitute.org/

Housing

Organization Name	About	Contact Information
Housing Authority of the City of Austin (HACA)	Two types of housing: Public Housing and Section 8 Housing. Applicants must first submit a pre-application, which can be found on their website. Here is the required information: - Full names - Social Security Numbers (if applicable) - Birth dates - Estimated Gross Income	General website: https://www.hacanet.org/ Information for applicants: https://www.hacanet.org/resident/#eligibilityTabs1 512-477-4488

	- The entire pre-application must be completed and submitted before an applicant can be placed on a waiting list. <i>HACA does not provide emergency housing.</i>	TTY Number: 1-800-735-2989 or 711 1124 S. IH 35 Austin, TX 78704
Foundation Communities	This organization provides affordable housing with free onsite support services around education, financial stability, and health. In order to be eligible, individuals must meet the following requirements: - Meet specific income guidelines - Pass criminal and credit checks - Have a good rental history	512-447-2026 3000 S IH 35, Ste 300 Austin, TX 78704 https://foundcom.org/housing/
Housing Authority of Travis County	Provides information on Affordable Housing Programs to eligible individuals	(512) 854-8245 502 East Highland Mall Blvd, Suite 106-B Austin, TX 78752 https://www.hatctx.com/
Continuum of Care – Video Guide	This YouTube video is a detailed guide on how to get low-income housing for the homeless or those who are in need of affordable housing assistance.	https://www.youtube.com/watch?v=HCP-KR_oWo&ab_channel=Section8Consulting
City of Austin Resources for Renters	A list of different resources for renters in Austin.	https://www.austintexas.gov/page/resources-renters
Guide for Apartment Renters	A guide for apartment renters that covers helpful and legal information about: - Things to do before signing a lease - Breaking a lease - Renter's insurance - Repair problems - Security deposit - Eviction	https://deanofstudents.utexas.edu/lss/handbook/llt.php#TheLeaseBeforeYouSign

Community Resources Guide from HACA	A resource guide from HACA's website that includes resources for local/state/national housing, homebuyer and home repair, assistance programs, rental and utility assistance, employment, scholarships	https://www.hacanet.org/wp-content/uploads/2017/01/Community-resources.pdf
Guide to Affordable Housing in Austin	A tool for people seeking affordable rental housing in Austin and the surrounding communities. Contains general information on housing programs funded on the local, county, state, and federal levels, as well as specific information about complexes participating in these programs. It contains lists and explanations of rental housing with rent restrictions, income-based rents, and tenant income limits.	https://www.housing-rights.org/guide-to-affordable-housing-1/
Caritas of Austin	An organization that provides housing, food, employment, and education services. Housing services are for those who are experiencing homelessness.	General website: https://caritasofaustin.org/ Housing services: https://caritasofaustin.org/need-help/get-started/
LifeWorks	LifeWorks provides housing along with other services and programming that youth experiencing homelessness need to live independently and self-sufficiently. <i>*LifeWorks also provides counseling, education, and workforce services*</i>	https://www.lifeworksaustin.org/housing For more information and to schedule an appointment: 512-735-2100
UT Off-Campus Housing Marketplace	Lists different apartments and houses for rent near UT (<i>not affiliated with UT</i>)	https://housing.offcampus.utexas.edu/listing

Mental Health

Organization Name	About	Contact Information
Longhorn SHARE Project (at UT)	<u><i>E4Texas students can access this UT mental health resource.</i></u> SHARE provides peer support for students who are looking for a connection with and support from others who have similar lived experiences: - SHARE Communities: informal, non-clinical support groups; topics vary by group - Individual meetings & drop-in support: not counseling sessions but students can meet 1:1 with a SHARE peer who can provide assistance	General website: https://healthyhorns.utexas.edu/share.html SHARE Communities: https://healthyhorns.utexas.edu/share-groups.html Individual meetings/drop-in support: https://healthyhorns.utexas.edu/share-individual-support.html
Longhorn Wellness Center (LWC)	<u><i>E4Texas students can access Longhorn Wellness Center resources.</i></u> The aim of LWC is to promote well-being for all students. Some resources include: - Mental health conversations simulation - Mindfulness-related opportunities - Healthy sleep promotion - Substance use-related resources <i>A list of all LWC resources and services can be found on their website.</i>	https://www.healthyhorns.utexas.edu/healthpromotion.html
Integral Care	Integral Care supports adults and children living with mental illness, substance use disorder, and intellectual and developmental disabilities in Travis County. Services include a 24-hour helpline for anyone who needs immediate support, ongoing counseling to improve mental health, drug and	General website: https://integralcare.org/en/home/ Locations: https://integralcare.org/en/locations/#1492465130998-eceb3b96-fdb2c39e-51ec9

	alcohol treatment to help with recovery, and housing to regain health and independence. <i>Payment options:</i> https://integralcare.org/en/patient-information/#1492465413726-e755d483-578bc39e-51ec	e5a-9480 24/7 Helpline: 512-472-HELP (4357)
YWCA	This organization provides a range of services that operate on a sliding scale co-pay for therapy and no-cost for Care Coordination services. - No-cost counseling (in both English and Spanish): https://ywcaAustin.org/nocostcounseling/ - No-cost online therapy groups that cover various topics: https://www.eventbrite.com/o/ywca-greater-austin-7975455105 - Care Coordination - Warmline: non-crisis hotline for individuals who want to speak with and feel connected to others	512-326-1222 2015 S. IH 35 Ste. 110 Austin, TX 78741 General website: https://ywcaAustin.org/ Mental health and counseling services: https://ywcaAustin.org/counseling-and-referral-center/ Intake services: 512-326-1222 Warmline: 512-548-9922 (not for emergencies or crises)
Capital Area Counseling	Mental health services include individual counseling, group therapy, and relationship & family counseling. <i>Payment options: They do NOT accept insurance. Each session costs between \$15-\$60 which varies based on income.</i>	512-302-1000 7703 North Lamar Blvd Suite 500 Austin, Texas 78752 https://cacaustin.org/home
Waterloo Counseling	Waterloo offers high quality, affordable mental health counseling to the entire community and has an expertise in serving the LGBTQIA+ community; people living with HIV/AIDS and their loved ones;	512-444-9922 314 E Highland Mall Blvd. Suite 301 Austin, TX 78752 https://www.waterloocounseling.org/

	and people experiencing trauma, depression or anxiety. <i>Payment options: most insurance (including Medicaid and Medicare), self-pay (sliding scale), and grant assistance for those who qualify.</i>	
National Suicide Prevention Lifeline	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides <u>free</u> and <u>confidential</u> emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States	1-800-273-8255 https://suicidepreventionlifeline.org/
National Suicide Prevention Resources for People who are deaf, hard of hearing, or have hearing loss	Online chat option for those who are deaf, hard of hearing, or have hearing loss. There is also a resource for those who use TTY.	https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/
Crisis Text Line	This text line is open to anyone in any type of crisis for free and is available 24/7.	Text HOME to 741-741 https://www.crisistextline.org/

Transportation

Organization Name	About	Contact Information
CapMetro	Austin public transportation services. Students can ride the bus for free with a valid UT ID. If individuals don't have a UT ID, then tickets can be purchased online (reduced fare prices for eligible individuals). Plan Your Trip feature on their website allows individuals to: - Plan your route from point A to point B - Look for specific route information	General website: https://www.capmetro.org/ List of services: https://www.capmetro.org/ourservices

	- Check service alerts for detours or stop closures	
MetroAccess	A shared-ride service for people whose disabilities prevent them from riding bus and rail services. Must submit an application to be considered for these services. If accepted: - Rides must be arranged one day before either over the phone or online - Destination must be within MetroAccess grid (most places in Austin covered) - No limit to the number of rides but you must be at the dropped off location for at least one hour before using the service again - No rides between 11 PM and 4 AM - Not free – can either pay for each ride individually or buy a monthly ticket (unlimited rides for the month)	https://www.capmetro.org/metroaccess
MetroRail	A train that goes to certain places in Austin. This is not a free service and tickets must be purchased on the CapMetro app, their website, or at the MetroRail stations. MetroRail provides free wifi and bike racks at each station.	General website: https://www.capmetro.org/redline Map of MetroRail stops: https://www.capmetro.org/docs/default-source/plan-your-trip-docs/schedules-and-maps-docs/metrorailmap07cddaf478e0470290b4e7a8c86964af.pdf?sfvrsn=982d9d59_2
Rideshares	Apps that must be on your phone to use. Rideshare services allow individuals to get a car ride to a specific location. You put the location of	Uber: https://www.uber.com/ Lyft: https://www.lyft.com/

	your destination then the app pairs you with a driver who picks you up at your location. Some ride shares include: Uber and Lyft <i>These are not free and prices vary on time and location</i>	
Megabus	Megabus offers city-to-city bus tickets for your travel around North America, all bookable from your computer or smartphone.	https://us.megabus.com/
Greyhound	A bus that takes you from city to city around the U.S. Tickets can be purchased on their website.	https://www.greyhound.com/en

LGBTQ+

Organization Name	About	Contact Information
Gender and Sexuality Center at UT Austin (GSC)	The mission is to provide opportunities for all members of the UT Austin community to explore, organize, and promote learning around issues of gender and sexuality. The center also facilitates a greater responsiveness to the needs of women and the LGBTQIA+ communities through education, outreach, and advocacy. Learn more about what the GSC offers on its website.	512-232-1831 William C. Powers, Jr. Student Activity Center (WCP) Suite 2.112 2201 Speedway Drive Austin, TX 78712 https://diversity.utexas.edu/genderandsexuality/
Out Youth	Out Youth serves Central Texas LGBTQIA+ youth and their allies with programs and services to ensure these promising young people develop into happy, healthy, successful adults. <i>Informative resource guides:</i> https://www.outyouth.org/resource-guides	512-419-1233 909 East 49 1/2 Street Austin, Texas 78751 https://www.outyouth.org/

allgo	Nurtures and celebrates queer people of color by building, educating, and mobilizing communities toward a just and equitable society. They offer programs for cultural arts and health/wellness. They also do work around social justice issues impacting queer people of color.	512-472-2001 701 Tillery St. Suite A-1 Austin, TX 78702 https://allgo.org/
Trans Lifeline	Trans Lifeline provides trans peer support for trans people. They also have resources listed on their website and you can call the hotline to help you access local resources.	877-565-8860 https://translifeline.org/
The Trevor Project	The world's largest suicide prevention and crisis intervention organization for LGBTQ+ young people. You can contact a crisis counselor 24/7 anytime you need support via phone, text, or chat (https://www.thetrevorproject.org/get-help/). They also offer an online Resource Center with information on topics related to the LGBTQ+ community.	Call: 1-866-488-7386 Text 'START' to 678-678 https://www.thetrevorproject.org/

Healthcare Services

Organization Name	About	Contact Information
People's Community Clinic	People's Community Clinic provides high quality, affordable health care to people in Central Texas regardless of income or insurance status.	512-478-4939 1101 Camino La Costa Austin, TX 78752 https://www.austinpcc.org/
Resources from UT Austin School of Nursing	A compilation of insurance and general resources related to healthcare services.	https://nursing.utexas.edu/wellness-center/resources

CommUnity Care	Clinics throughout Austin that provide the following services: behavioral health, dental health, healthcare for people experiencing homelessness, HIV prevention/testing/treatment, primary care, women's health, pharmacy, and pediatrics.	General website: https://communitycaretexas.org/ Locations: https://communitycaretexas.org/locations/ Eligibility and financial assistance: https://communitycaretexas.org/eligibility-financial-assistance/
Planned Parenthood	Offers a range of services* including general healthcare, pregnancy testing and services, STD testing and treatment, men's health services, women's health services, abortion services, birth control, LGBTQ+ services, and patient education. <i>*services vary by location so you should search or call beforehand</i>	General website: https://www.plannedparenthood.org/ Call 1-800-230-7526 to schedule an appointment Book an appointment online: https://www.plannedparenthood.org/health-center
Kind Clinic		https://kindclinic.org/
The Medical Access Program (MAP)	MAP provides health care coverage for Travis County residents with low income, who are not eligible for or enrolled in Medicaid or Medicare and do not have private insurance.	https://www.centralhealth.net/map/
Whole Woman's Health of Austin		https://www.wholewomanshealth.com/clinic/austin/
ASHwell: Sexual Health and Wellness		https://www.ashwellatx.org/

Faith-Based Services

Organization Name	About	Contact Information
University Christian Church	University Christian Church is a dynamic, inclusive community that serves Austin, Texas by actively living out the love of Jesus Christ through thoughtful worship, compassionate service, and spiritual growth. - Offers online worshipping	512-477-6104 2007 University Avenue Austin, TX 78705 https://www.ucc-austin.org/
Longhorns for Christ	- Worship every Sunday at 7 PM (livestream available) - Life Groups: small, student-led Bible studies every week (women, men, and co-ed groups) - Church of Two: one-on-one weekly discipleship with another student	512-822-2835 1909 University Avenue Austin, Texas 78705 https://www.longhornsforchrist.org/
St. Austin's Catholic Church	- On Sunday evenings, they provide free dinner after mass - Offer different community supports including rent/utility assistance, expecting mothers or caregivers of young children support, and lists of other organizations that can help with various issues	General website: https://staustin.org/ List of resources and services: https://staustin.org/get-help
Sunrise Community Church		
Grace Covenant Church		
Jesus Cares	Provides the opportunity to chat with...	https://www.jesuscares.com/

Books

Organization Name	About	Contact Information
Austin Public Library	Austin residents can get a library card for <u>FREE</u>: https://library.austintexas.gov/mylibrarycard Libraries offer a range of services including: - Public computers and internet access (assistive technology available for use) - Free computer classes and drop-in computer help labs - Check out books (including audiobooks), movies, and music - A variety of free events (book clubs, crafts, activities, puppet shows)	Hours and locations: https://library.austintexas.gov/locations General website: https://library.austintexas.gov/ Events page: https://library.austintexas.gov/events
UT Libraries	UT Libraries provide students with a range of services including: - Check out book, audiobooks, movies, and music - Access to databases for research - Reserve study rooms	https://www.lib.utexas.edu/
Audiobooks on YouTube	Free audiobooks are available on YouTube	https://www.youtube.com/

Academic Enrichment

Organization Name	About	Contact Information
Free Online Ivy League Courses	Free online courses from Brown, Columbia, Cornell, Dartmouth, Harvard, Penn, Princeton, and Yale. Courses cover a range of different topics.	https://www.classcentral.com/collection/ivy-league-moocs

Free Coding Classes	A fun and free online course that teaches you the basics of web development through projects you can do in your browser. Teaches the following coding languages: HTML5, Javascript, and CSS3.	https://dash.generalassemb.ly/
Free Coding and Programming Lessons	Offers a variety of different coding lessons for free.	https://sparkdatabox.com/courses?category=all&price=free&type=self&level=&language=&rating=
Coursera	A website with free access to a range of courses from universities and companies. You need to make an account but it is free.	https://www.coursera.org/
The Abigail Adams Institute		https://www.abigailadamsinstitute.org/

Disability Rights Organizations

Organization Name	About	Contact Information
ADAPT of Texas	Grassroots disability rights group. With the cry “We Will Ride!” ADAPT of Texas started in 1985 with the fight for lifts on buses. ADAPT’s advocacy led to Capital Metro becoming the first fully accessible mainline transit system in Texas. Since the 1990 passage of the Americans with Disabilities Act (ADA), ADAPT has turned our main focus to community attendant services. Our new mottos are: “Our Homes, Not Nursing Homes” and “Free Our People.”	512-442-0252 v/tty www.adaptoftexas.org
Disability Rights Texas	Provide direct legal assistance to people with	Headquarters/Central Texas:

	disabilities whose rights are threatened or violated.	512-454-4816 https://www.disabilityrightstx.org/en/getting-help/intake-process/
Coalition of Texans Disability	Founded in 1978, CTD is the largest and oldest member-driven cross-disability organization in the state. "Cross-disability" refers to all types of disabilities and different functional needs, rather than a particular disability or subset of disabilities.	512-478-3366 www.txdisabilities.org
Autism Society of Texas	Mission: We create connections, empowering everyone in the Autism community with the resources needed to live fully.	512-479-4199 Ext. 1 www.texasautismsociety.org
Texas Advocates	Is recognized as the leader in self-advocacy in Texas. Texas Advocates fights to stop unfair treatment of advocate for more and better services and supports for people with disabilities to be included in their communities	512-710-5708 www.texasadvocates.org
Art Spark Texas	Challenges perceptions of how people contribute by creating arts-inspired, inclusive community of individuals with diverse abilities.	512-454-9912 1-866-489-8412 www.artsparktx.org
Training for Transformation (T4T)	Provides a self-paced Peer Support Training for individuals who have intellectual and developmental disability labels (I/DD). Peer Support is an opportunity to gather with a group of people who share similar experiences. In Peer Support groups, we create a comfortable space to share thoughts, feelings, frustrations, successes,	teel@imagineart.net www.imagineart.net/training-4-transformation

	and what we want for our lives.	
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Miscellaneous

Organization Name	About	Contact Information
Dress for Success	Offers a range of free services for women+ (anyone who identifies as a woman, including trans women and nonbinary and gender nonconforming folx) including: - Career consulting - Professional attire - Path to employment mentorship - Professional Women's Group - Financial education - Veterans support	https://www.dressforsuccessaustin.org/ <i>*Currently only doing virtual appointments which can be scheduled on their website*</i>
Texas Financial Wellness	A UT resource that provides tools and services to help individuals make healthy financial decisions. - Reality Checker - Money Skills <i>*Unsure if E4 can access counseling services but their website has different resources that are open to everyone*</i>	https://financialwellness.utexas.edu/resources/
UT Off-Campus Guides and Forms	Guides and forms for students living off-campus that include: - Legal resources related to housing - Apartment packing list - Budgeting worksheet - Apartment search guide - Weekly meal planner	https://offcampus.utexas.edu/guides-and-forms

Texas RioGrande Legal Aid (TRLA)	Free legal services	https://www.trla.org/
ARCIL	Provides independent living services to people with disabilities and their families. Their core services include the following: - Information and referral - Independent living skills training - Peer counseling - Individual and systems advocacy - Transition services	https://arcilinc.org/index.php
UT Nap Map	Map of best places to nap on campus as voted by UT students	https://www.google.com/maps/d/u/0/viewer?mid=1J7vjZbN3oY-oYNPC-JufCxATUW0&hl=en&ll=30.286563921683367%2C-97.7350711&z=16
Life in Austin – List of Things to do in Austin	A guide that provides a list of things to do in Austin including: - Festivals - Outdoor attractions - Venues and theaters - Iconic Austin locations - Austin-area resources	https://www.utexas.edu/campus-life/life-in-austin

General Resource/Services Connection

Organization Name	About	Contact Information
2-1-1 Texas	A free, anonymous social service hotline available 24/7. This hotline helps connect Texas residents to needed services.	Call 2-1-1 or 877-541-7905 https://www.211texas.org/

	On their website, you can search for resources and services within your zip code.	
Resource guide for women and LGBTQIA+ students	A compilation of on-campus and off-campus resources for women and LGBTQIA+ students	https://diversity.utexas.edu/genderandsexuality/publications-and-resources/
FindHelp.org	A website that helps you find different resources and services near you. You type in your zip code and a list of resources/services organized by type of help come up.	https://www.findhelp.org/

<https://offcampus.utexas.edu/austinite-events>