

COMMUNITY RESOURCES FOR STUDENTS AND FAMILIES

Below is a list of resources that may be utilized for seeking help for students and families. This list is not inclusive and families are encouraged to consult with family doctors, health insurance, and local agencies for additional resource options. Any fees, charges, or other financial obligations associated with the follow-up assessment and/or treatment by the providers listed below, is not the responsibility of Dripping Springs ISD.

HOSPITALS AND MENTAL HEALTH FACILITIES

Hill Country MHDD Centers Scheib Center (M-F, 8am-5pm) 1200 N. Bishop, San Marcos, TX 78666 512-392-7151 <i>Kyle MH Clinic</i> (M-F, 8am-5pm) 1300 Dacy Lane Suite 120, Kyle, TX 78640 512-392-8953 <i>Wimberley MH Clinic</i> (Wednesdays) 15951 Winters Mill Pkwy, Wimberley, TX 78676 512-392-8953 <i>*No cost assessment</i> Hill Country MHDD Mobile Crisis Outreach Team (MCOT) 1-877-466-0660 <i>*For individuals needing immediate mental health crisis support</i>	Integral Care Psychiatric Emergency Services Richard E. Hopkins Behavioral Health Building 1165 Airport Blvd., 2nd Floor, Austin, TX 78702 24hr Crisis Line/MCOT: 512-472-4357 <i>*For families with specific Austin zip codes, call ahead to confirm</i>
	Cross Creek Hospital 8402 Cross Park Dr, Austin, TX 78754 833-436-9283 <i>*No cost assessment, accepts patients 12 yrs and older</i>
	Rock Springs Behavioral Health Hospital 700 Southeast Inner Loop Georgetown, TX 78626 512-819-9400 <i>*Call ahead to check availability</i>
Dell Children's Mental Health Unit 4900 Mueller Blvd. Austin, TX 78723 512-324-0029 <i>*Go directly to the ER in order to begin referral process</i>	Clarity Child Guidance Center 8535 Tom Slick Dr. San Antonio, TX 78229 210-582-6412 <i>*Call ahead for assistance and to check availability</i>

LOCAL PROVIDERS

Samaritan Center Counseling for adults, children, teens and families. Most insurances are accepted. 28465 RR 12 Dripping Springs, TX 78620 512-451-7337 (Option 8) Click Here to Request Services	Dripping Springs Counseling Network https://dscounselingnetwork.com/	Psychology Today Dripping Springs Therapists www.psychologytoday.com/us/therapists/tx/dripping-springs
Central Texas Eating Disorder Specialists Education, support and assistance for the complex mental, emotional and physical problems related to disordered eating. https://cteds.org/	The Christi Center Counseling for loss of a loved one to suicide or overdose, for all ages. https://christicenter.org/	Hays-Caldwell Women's Center Counseling for children and adults related to family violence or sexual abuse, bilingual available, FREE 512-396-3404
Charlie Health Intensive Outpatient that combines group	Austin Child Guidance Center Individual and family therapy, group	Lucine Center for Grief Free virtual therapy for clients experiencing grief

Therapy, family therapy, and individual therapy. Program offers some free family support groups. https://www.charliehealth.com/	therapy, and psychological services https://www.austinchildguidance.org/	and loss https://lucinecenter.com/appointments/
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AREA SUPPORT GROUPS

Vida Clinic Cognitive-behavioral therapy through teleservices. Most insurances accepted. https://vidaclinic.org/	Samaritan Center Sliding scale therapy and wellness classes for families. Most insurances accepted. https://samaritan-center.org/	Eating Disorder Group For families of individuals living with an eating disorder, 2nd Saturday of the month. go.recovery08@gmail.com
Survivors of Suicide Free peer-led group at St. David's North Austin Medical Center 512-560-6115	The Christi Center Support groups for loss of a loved one to suicide or overdose, for all ages, Spanish available. 512-467-2600	NAMI Central TX 6-week, peer-led class for parents of children and teens with mental illness. FREE 512-420-9810
Borderline Personality Disorder For families and friends of people with BPD, operated by a licensed professional. FREE fcaustininfo@gmail.com	Obsessive-Compulsive Disorder Peer-led support group for persons with OCD. 512-799-1876	Hays-Caldwell Women's Center Support for children and adults related to family violence or sexual abuse, bilingual available, FREE 512-396-3404

WEB & TELE-RESOURCES

Seton Hays Telepsychiatry www.seton.net , 877-918-2039	Suicide & Crisis LifeLine 9-8-8	Crisis Text Line Support via texting 741741
FindHelp.org https://www.findhelp.org/	ParentGuidance.org https://parentguidance.org/	ConfidentConnections.org https://confidentconnections.org/

FINDING AND SELECTING A MENTAL HEALTH PROVIDER

When faced with mental health conditions, it can be difficult to know where to find the best care. One person's depression, for example, may be very different from someone else's. It can be intimidating to even know where to start searching for help, but often telling your primary care doctor about your symptoms is a good place to begin. He or she may recommend one of the following mental health providers. Some may specialize in certain areas, such as anxiety, substance misuse, family therapy or play therapy.

Psychiatrist: a physician, doctor of medicine (MD) or doctor of osteopathic medicine (DO), who specializes in mental health. This type of doctor may further specialize in areas such as child and adolescent, geriatric, or addiction psychiatry. A psychiatrist can diagnose and treat mental health disorders, provide psychological counseling, and prescribe medication.

Psychologist: trained in psychology — a science that deals with thoughts, emotions and behaviors. Typically, a psychologist holds a doctoral degree (Ph.D., Psy.D., Ed.D.). A psychologist can diagnose and treat a number of mental health disorders, but cannot prescribe medication unless he or she is licensed to do so.

Licensed Clinical Social Worker: look for a licensed clinical social worker (LCSW) with training and experience specifically in mental health. A licensed clinical social worker must have a master's degree in social work (MSW) Social workers can provide assessment, diagnosis, counseling and a range of other services, but are not licensed to prescribe medication.

Licensed Professional Counselor: Training requirements and titles (LPC or LCPC) may vary by state, but most have at least a master's degree with clinical experience. Licensed counselors can provide diagnosis and counseling for a range of concerns, but are not licensed to prescribe medication.

Consider these factors when choosing a mental health provider:

- **Your concern or condition:** The more severe your symptoms or complex your diagnosis, the more expertise and training you need to look for in a mental health provider.
- **Whether you need medications:** You may need to see more than one provider, one to manage medications and another for counseling.
- **Your health insurance coverage:** Your insurance policy may have a list of specific mental health providers who are covered. Check ahead of time with your insurance company to determine what your benefit limits are.
- **Employee Assistance Program:** Check to see if your workplace has an employee assistance program (EAP) that offers mental health services for you and your family.
- **Ask questions:** Don't hesitate to ask lots of questions, starting with office hours, fees, lengths of sessions, and an explanation of a typical therapy session.