Mental Health Resources Sheet

1. If you need assistance with a mental health concern you can contact the Texas State Counseling Center. The Texas State Counseling Center is located at 5-4.1 in the LBJ Student Center. During business hours call 512-245-2208. You may also email the Counseling Center at counselingcenter@txstate.edu, or visit their website for more information, http://www.counseling.txstate.edu. After business hours, students in need of urgent psychological assistance should call the Avail Crisis Hotline (Toll Free) at 1-877-466-0660. Please inform them that you are a Texas State University Student.

To supplement the Counseling Center services, The School of Social Work will begin facilitating peer support groups, Wednesday, March 4, 2020, 6:00-7:30 p.m. in Encino Hall, room 117. These support groups are open to all currently enrolled students at Texas State University and will be facilitated by Social Work graduate students and faculty members. Topics planned for discussion include Self-Care, Burnout, Team-Building, Mental Health, Relationships, Problem-Solving, Conflict and Communications, Academic Success, and Music as a Self-Care tool. Support groups start Wednesday, March 4, 2020 and will be held every Wednesday from 6:00-7:30 p.m. (except during Spring Break) for nine weeks. You can attend all nine sessions or as many sessions as you would like. Each group will be limited to 10 attendees, so please sign up early if you would like to attend. Please see the information below for the specific dates and additional information. If you are interested in joining us for one or more support groups, please email socialwork@txstate.edu.

2. Additional mental health crisis hotlines- Please indicate if you are a Texas State Student when calling the hotlines below:
   Hays County 1-877-466-0660
   National Suicide Prevention Lifeline 1-800-273-8255
   Crisis Text Line Text START to 741-741
   Travis County - Austin Travis County Integral Care 1-844-398-8252 or 512-472-4357
   Williamson County 1-800-841-1255
   If you need help with a substance abuse concern you can contact the Drug and Alcohol Compliance Services on campus at 512-245-3601. Additional local resources include:

   Al-Anon, a support group for relatives and friends of alcohol abusers 512-392-2064 or 512-353-1979
   Alcoholics Anonymous 512-245-3601 or 512-396-2060
   Cocaine Anonymous 512-0396-7695
   Narcotics Anonymous 512-396-7695 or 512-353-1979

3. For additional information about stress, mental health, and substance abuse please see the following resources:


   Information on mental health/illness:
   -National Alliance on Mental Illness (NAMI): https://www.nami.org/
   -Mental Health America: http://www.mentalhealthamerica.net/
   -The Mental Health Channel: http://mentalhealthchannel.tv/

   PHONE: (800) 729-6686

   Tobacco use information: Centers for Disease Control and Prevention http://www.cdc.gov/tobacco/PHONE: 800-CDC-INFO