



Services Search Tools

Aunt Bertha

<https://www.auntbertha.com/widget/660x234?c=2F8BC5&d=connectva>

Search by zipcode to find services in your area

2-1-1

<https://www.211texas.org/>

Call 2-1-1 or use search tool on the website to find resources for dozens of specific needs

Connect ATX

[ConnectATX - United Way For Greater Austin - Help Starts Here \(unitedwayaustin.org\)](http://unitedwayaustin.org)

Use search tool on the website to find resources for specific needs

Basic Needs

*** also check the "financial resources" section for resources that can also help in this area

Neighborhood Centers

The Neighborhood Centers are located throughout the city and provide emergency rent, utility, and food assistance to low- and moderate-income families in need.

[Neighborhood Centers | AustinTexas.gov](http://NeighborhoodCentersAustinTexas.gov)

Travis County Community Center

<https://www.traviscountytexas.gov/health-human-services/community-centers>

Travis County Community Centers have locations throughout the county and operate food pantries and provide assistance with utilities and additional resources.

LifeWorks

[Purpose — LifeWorks \(lifeworksaustin.org\)](http://lifeworksaustin.org)

LifeWorks is a fearless advocate for youth and young adults pursuing a life they love and a stable future for themselves and their families. We are committed to innovative problem-solving, shared accountability and a relentless focus on achieving real, sustainable and measurable results for the clients we serve. Services include housing, counseling, education, and workforce.

TANF

[TANF Cash Help | Texas Health and Human Services](http://TexasHealthandHumanServices.gov)

TANF provides cash payments to help families pay for food, clothing, housing and other essentials.

Home Repair

[Home Repair \(traviscountytexas.gov\)](http://traviscountytexas.gov)

The Travis County Home Repair Program provides materials and labor to correct threats to health and safety. These threats must be corrected before one or more of the energy efficiency programs can be completed. Services are only available to Travis County low-income homeowners once every ten-year period.

Home Weatherization Programs

[Weatherization \(traviscountytexas.gov\)](http://traviscountytexas.gov)

Various programs to help clients in achieving a higher energy efficiency level in their residence

Connect ATX|Lyft

<https://www.unitedwayaustin.org/connectatx/>

Ride United was established in 2018 to support United Ways and 211s in reducing transportation barriers to help people in need across the United States. Call 833-512-2289 to receive free rides for your medical, work, food or education needs after completing a profile.

Family Resource Centers by Austin Voices

[Family Support | Austin Voices for Education and Youth](#)

Provide campus-based wraparound support for some of AISD's schools. Check for availability at your child's AISD campus by looking at the website via the link above. Support covers basic needs such as housing, employment, healthcare, financial and family support as well as ESL classes, computer and parenting classes.

Sunrise Navigation Hub

<https://sunrisenavigationcenter.org/our-approach>

Offers support with clothing, cold weather gear, coordinated housing assessments, device charging, food, food stamps, hygiene, housing check-ins, ID assistance, mail, medication storage, pet food, public phone, showers (9AM-11AM), WiFi

Covenant Cares Ministry

<https://www.covenantaustin.org/food-pantry>

Offers drop-in food pantry, diapers and related products, and free stores for household goods and clothing. Located at 4410 Duval Road, Austin 78727. Phone: 512-346-3124

Adult Diapers

<https://austindiapers.org/wp-content/uploads/2022/12/Donate-Adult-Incontinence-Products-2022.pdf>

Check this list for centers that carry adult diapers

Food

*** also check the "financial resources" section for resources that can also help in this area

WIC

<https://www.austintexas.gov/department/women-infants-and-children-wic>

Central Texas Food Bank

(512)684-2559

<https://www.centraltexasfoodbank.org/get-help>

The Food Bank provides free food and knowledge about low-cost, healthy eating to families in need.

Food FARMacy

Thanks to a partnership with CTFB, People's Food FARMacy is stocked weekly with fresh and frozen fruits and vegetables, lean proteins like eggs and milk, and shelf-stable items like rice and beans. On Tuesdays, patients may walk in and request groceries at no cost, taking home an average of four to five bags—enough to feed a family.

<https://www.austinpcc.org/howafoodfarmacyworks/>

SNAP Food Benefits - Federal Program

[SNAP food benefits](#) (used to be called food stamps) helps people with low incomes and resources buy the food they need for good health.

Abiding Love Food Pantry

[Food Pantry \(abidinglove.org\)](http://Food Pantry (abidinglove.org))

The Food Pantry partners with the Central Texas Food Bank and receives donations and support from faith communities, schools, businesses, and individuals throughout the Austin area. During this time of social distancing the pantry service has been changed to a drive through model with no personal contact between volunteers and clients. This year an average of 77 families with over 350 family members have been served each week. Most of the families are working hard to meet the basic cost of living in this difficult time. The Food Pantry often helps people to stretch their supplies just enough to help them get through the month on very limited incomes.

Bread for All Food Pantry

[Food Pantry \(abidinglove.org\)](http://Food Pantry (abidinglove.org))

This pantry is operated by Austin City Lutherans, partners with the Central Texas Food Bank, and receives donations and support from faith communities, schools, businesses and individuals throughout the Austin area. Volunteers are needed to set up the pantry on Monday afternoons and to serve families from 5:30 – 7:30 pm.

Meals on Wheels

Delivers nutritious meals to homebound older adults and people with disabilities. Also offers a meal program for seniors to get together and eat.

General program: <https://www.mealsonwheelscentraltexas.org/get-involved/interested-in-receiving-services>

Congregate program: <https://www.mealsonwheelscentraltexas.org/programs/senior-centers?/programs/congregate-meal-program>

Baby

Mom's Place

Free lactation consultations, breastfeeding support, weight checks for baby, telephone help line

<https://www.austintexas.gov/content/moms-place>

Nurse Family Partnership

Nurse-Family Partnership (NFP) services for first time moms (anybabycan.org)

A healthy baby starts with a healthy pregnancy. Any Baby Can is a proud provider of Nurse-Family Partnership (NFP), an evidence-based, home-visitation program that aims to improve pregnancy outcomes, decrease pre-term births, and empower mothers and their partners to create better futures for themselves and their babies. Beginning in early pregnancy, first-time moms are matched with a registered nurse to bring answers, guidance, and confidence to this transitional stage in life, all in the comfort of their home. The nurse is available to the family until the child turns two years old. NFP does not replace other medical appointments, but rather supplements those visits with personalized, whole-family support.

Tandem

Tandem Teen Prenatal & Parenting Program - People's Community Clinic (austinpcc.org)

The Tandem team provides medical, educational, and psychosocial support to low-income young parents and their children from pregnancy through the first three years of their baby's life. The program is able to offer a comprehensive array of services to young parents including intensive case management, mental health services, medical care and prenatal, child development, family planning, and parenting education.

Prenatal and Family Planning

Prenatal & Family Planning - People's Community Clinic (austinpcc.org)

Reproductive health services encompass annual gynecological medical examinations, family planning and prevention services, and assessment and treatment for conditions affecting the reproductive system. Providers work with adult, adolescent, and prenatal medical programs to address the whole lifecycle of a patient's reproductive health needs. Our patients receive instruction in breast self-examinations, contraception, and disease prevention education. We also provide colposcopy and cryosurgery services, if needed. We encourage annual Well Woman Exams as the best way to prevent or detect reproductive health concerns. In addition to providing family planning and contraception, Well Woman Exams screen for diabetes, breast and cervical cancer, HIV, hypertension, anemia, and gynecological infections.

Any Baby Can

Family Education Program and parenting classes in English and Spanish (anybabycan.org)

Any Baby Can provides childbirth and parenting classes for anyone looking to gain new parenting skills and create strong, positive relationships with their children.

Austin Diaper Bank

<https://austindiapers.org/get-help/>

Provides diapers, formula, wipes, and period products, although does not distribute directly to those in need. Check their distribution list to find partner agencies.

Utility Assistance

Customer Assistance Programs (CAP)

Customer Assistance Programs (CAP) (coautilities.com) Help for Residential customers who face temporary or long-term difficulties

Rent Assistance

*** also check the "financial resources" section for resources that can also help in this area

RENT (Relief of Emergency Needs for Tenants)

RENT (Relief of Emergency Needs for Tenants) | AustinTexas.gov

Housing

Jeremiah Program

<https://jeremiahprogram.org/> offers affordable housing to single moms and their children, supports in completing school, mentorship programs, and childcare to effect change to the systemic barriers that keep women and children in poverty.

Blackland Affordable Housing Program

Housing — Blackland Community Development Corporation (blacklandcdc.org)
provides affordable housing in the Blackland neighborhood of East Austin.

Front Steps Housing Programs

Permanent Supportive Housing Program - Front Steps
Offers transitional and affordable permanent housing.

Foundation Communities

Foundation Communities | Creating housing where families succeed in Austin and North Texas. Housing - Foundation Communities (foundcom.org)

Has affordable permanent housing, on-site support services in the areas of education, financial stability, and health. Also offers free after-school and summer learning programs for children and teens, as well as adult education classes like ESL, money management, fitness, and nutrition.

Children's Home Initiative

Foundation Communities | Creating housing where families succeed in Austin and North Texas. For At-Risk/Homeless Families - Foundation Communities (foundcom.org)

For at-risk/homeless families and offers reduced rent, on-site case management services that include employment assistance, education, financial stability, and health programs

SAFE

Housing for Families and Individuals - The SAFE Alliance (safeaustin.org)

Offers emergency family and permanent housing for those escaping domestic or sexual violence

Greendoors

Green Doors Housing Programs in Central Texas | Green Doors

offers supportive and affordable permanent housing for families at risk of homelessness or successfully exiting homelessness

Financial Resources

All Saints Episcopal Church; 209 West 27th, 78705; 512-476-3589

Tuesdays at 7 AM to sign up (best to be in line by 6:30AM)
35 people helped each week on a first-come, first-served basis
Eligible for assistance once every 6 months
Assistance with: ID/birth certificates, utility bills, rent, rental deposits, prescriptions, medical or vision bills, work boots, criminal background checks, out of town greyhound bus tickets
Capital Metro Bus routes: 5, 21, 22, 7

Baptist Community Center; 2000 East 2nd St 78702; 512-472-7592

Call for appointment Mon-Fri 8:30AM-noon and 1 PM
Food pantry and pastries daily
Limited assistance for: utilities, rent, local mortgages, prescriptions
Bring picture ID, social security card, and current bill to verify address
Capital Metro Bus routes: 17, 22

First Baptist Church of Austin, 901 Trinity Street 78701; Phone: 512-476-2625

Call to schedule appointment beginning at 9:30 AM on the 1st Monday of every month
Partial assistance on greyhound bus tickets (with pledges from other churches to cover the full amount)
Financial assistance for: ID/birth certificate & driver's license in your name, some assistance with a 30-day bus pass – call in advance on first Monday
Capital Metro Bus routes: 1, to 8th & Congress, head east

Foundation for the Homeless, 1300 Lavaca Street 78701 (First United Methodist Family Center); 512-463-6570

Tuesday (Financial Assistance day) & Thursday 5-6:30 AM (breakfast at 6 AM both days)
First-come, first-served
Limited financial assistance for: ID/birth certificates, driver's licenses, cap metro disability cards
Capital Metro Bus routes: 5, 7, 17, 19

Shoreline Church, 15201 Burnet Rd, 512-983-1048

Lunch: Every Saturday 12:30-2 PM; call for an appointment
Limited financial assistance given on a case-by-case basis
Help with clothes, work boots, IQ's, etc

St. Austin Catholic Parish, Newman Hall; 2026 Guadalupe Street 78705; 512-477-9471

2026 Guadalupe St 78705; 512-477-9471
Thursdays at 9AM, serv only 15-20 people
Lottery for financial assistance with: ID, birth certificates, drivers license, city of Austin electric bill/partial bill, rent/partial rent, glasses (vouchers from Lens Crafters), work boots, clothing vouchers from St. Vincent de Paul, 7-day bus passes
Once every 6 months

Sunrise Community Church; 4430 Manchaca Rd, 78745; 512-444-4673

Mon, Tues, Thurs 9AM-2PM; Wed and Fri 9AM-1PM
Help with IDs, Birth Certificate, Coordinated Assessment
Showers are available Wed and Sunday Mornings
Address to receive mail

St. Ignatius Martyr Catholic Church; 126 W Oltorf St, 78704; 512-442-3602

Prescription assistance up to \$50, once a month



Wright House Wellness Center; 4301-B N I-35; 512-467-0088

Assistance for adults with Hepatitis C who have a history of incarceration and are homeless or at-risk of being homeless.

St. Vincent County Family Support Services; 100 N I-35 Suite 2000, 78701 (Palm Square Office); 512-854-4120

Mon-Fri starting 8 AM-5PM

Emergency assistance for: gas, electricity (no phone; Austin Energy bills when grant money is available; other utility bill co. okay), rent, mortgage, prescription (if not on MAP), food, and pantry
Tues, Wednesday, Thursday 9-3 for clothing

Food Pantry open from 9AM-4PM and you are eligible to go in anytime during those hours for food, but can only return for this same assistance after more than 30 days

Photo ID and SS card needed, Birth Certificate, bring a bill that is past due or rent notice

Capital Metro Bus routes: 5, 26, to Chavez and I-35

Trinity Center at St. David's Episcopal Church; 304 E 7th St 78701; 512-610-3542

Tuesday at 9AM (women only), and Thursday at 9AM (men and women)

Financial assistance for: ID/birth certificate, prescription co-pays

Capital Metro Bus routes: 1 to 7th and Congress, head east

Emergency Financial Aid to Customers in Need (Austin Energy); <https://austinenergy.com>

Serious illness, a recent job loss, or other emergencies can make it difficult for some customers to pay utility bills. The Plus 1 fund helps by providing emergency financial aid to customers who are having a temporary problem paying utility bills. Visit online for a list and phone numbers of agencies.

Also available through Austin Energy: Customer Assistance Program; <https://austinenergy.com>

Customers on low or fixed incomes who participate in certain assistance programs can benefit from the City of Austin CAP Discount program. Please visit the web link for eligibility requirements.

Catholic Charities of Central Texas; 1625 Rutherford Ln, 78754; 512-651-6100

Open 9AM-12PM, 1PM-5PM

Financial Assistance for: ID, utility bills (call for more info, must have applied with community clinic first), rent move-in assistance

Also provides: general case management, information and referral services, services for new parents (pregnant women or women with newborns), immigration legal services, family counseling

Lake Travis Crisis Ministry; 107 Ranch Road 620 S Lakeway 78734; 512-266-9810

Wed 5:30PM-7:30PM, Thurs 10AM-12PM

Must live in Lake Travis ISD

Emergency assistance for: rent, utilities, dayccare, insurance, care expenses, some medical and prescription expenses, heaters and fans

Food Pantry and clothing also available

UpLift @ University Presbyterian church; 2203 San Antonio St, 78705; 512-476-5321

Tuesdays between 9:30-10:30AM

No appointments are made

Help with utilities – bring a photo ID with utility or other bills

Rental agreement information on late rent is required

Prescriptions

Birth Certificates

Eye exams and eyeglasses

Can receive assistance once every 6 months

Parenting Resources

Kids Exchange

Kids Exchange Network is a network of private providers administered by the Travis County Domestic Relations Office. This program helps children and their parents with parenting time issues who are experiencing difficulties with divorce or separation. The services can be ordered by the court to assure custodial or visitation terms of a decree are carried out.

Boystown National Hotline

1-(800) 448-3000

www.boystown.org/parenting

Available 24/7, 365 days a year, the Boys Town National Hotline is staffed by trained counselors who can give advice and find help for a wide range of issues, from addiction and suicidal thoughts to adolescent defiance and other issues. Boys Town parenting experts have a wealth of experience in a broad variety of parenting subjects. This information, backed by research and proven in real-world situations, is available for free in the parenting section of this website.

DivorceCare

www.divorcecare.org

Find help healing for the hurt of separation and divorce. DivorceCare is a friendly, caring group of people who will talk alongside you through one of life's most difficult experiences. Don't go through separation or divorce alone. This faith based/non-denominational 13 session series is offered once per school semester.

DivorceCare for Kids (DC4K)

www.dc4k.org

Help your children heal from the pain of divorce. Are your children angry, hurt, and confused about your separation or divorce? A DivorceCare for Kids (DC4K) group is a safe, fun, place where your children can learn skills that will help them heal. DC4K groups blend games, music, stories, videos, and discussion to help kids process the divorce and move forward. Groups meet weekly and are designed for children ages 5-12.

Center for Effective Parenting

www.parenting-ed.org

The Center for Effective Parenting positively impacts children by helping parents and those who work with parents enhance their knowledge, skills, and attitudes regarding parenting. The Center focuses on training, service, and research in order to have a broad impact in facilitating the healthy growth and development of children.

Fathering Resources Online

www.stilladad.com

Site focuses on issues related to fathering and divorce. Includes an online message board and links to a broad range of issues including child support, visitation, stepfamilies, and links to a variety of international fathers' sites.

Any Baby Can Parenting Classes

Family Education Program and parenting classes in English and Spanish (anybabycan.org)

Any Baby Can provides childbirth and parenting classes for anyone looking to gain new parenting skills and create strong, positive relationships with their children.

Texas Parent-to Parent

Texas Parent to Parent Home | Texas Parent to Parent (txp2p.org)

Texas Parent to Parent provides support, information, and education for families of children and adults with disabilities, chronic and mental health conditions and other health care needs.

Public Child Development Programs

Early Childhood Intervention

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[Early Childhood Intervention \(ECI\) \(anybabycan.org\)](http://anybabycan.org) and [Easterseals Early Childhood Intervention \(ECI\)](http://easterseals.org)

Early Childhood Intervention (ECI) programs offer developmental evaluations to see if your child could benefit from services which include occupational therapy, physical therapy, speech therapy, specialized skills training, and case management. Service providers meet families where they are: in the comfort of their home, the child's school, or through telehealth. ECI uses parent coaching to help families support their child's learning and development, during and between sessions. Services are for children zero to three years old. Which company serves you (Any Baby Can or Easter Seals) depends on your zip. Check for provider: <https://citysearch.hhsc.state.tx.us/home/searchalpha/a>

Navigate Texas

[Navigate Life Texas](#)

Resources and services for families and parents of children with disabilities or special health-care needs. Has links and guides as to what programs to reach out to and steps to take to provide supports to your child throughout their life

Healthy and Fair Start

[In-home coaching and support for moms, dads and caregivers \(anybabycan.org\)](http://anybabycan.org)

Any Baby Can's Healthy and Fair Start (HFS) program partners with parents to help their kids learn, grow and reach their full potential. We recognize that a parent is a child's first and most important teacher. Our team facilitates activities between the parent and child, and offers parents important knowledge about how to form strong bonds with their children. HFS uses a nationally-recognized model called Parents as Teachers, which focuses on creating stable and safe family environments, addressing developmental delays, increasing school readiness, and encouraging parental involvement in their school and community.

Healthy Steps

[HealthySteps - People's Community Clinic \(austinpcc.org\)](http://austinpcc.org)

HealthySteps is an evidence-based, interdisciplinary pediatric primary care program designed to promote nurturing parenting and healthy development for babies and toddlers. The HealthySteps (HS) approach means the entire practice works as a team to implement 8 core components to strengthen the relationships between families and the practice and support strong parent/child attachment. Services can include: developmental and social-emotional screening, screening for family needs, child development support, child development and behavior consult, care coordination and systems navigation, positive parenting guidance and information, early learning resources, and ongoing preventative team-based well-child visits.

Healthy Families Travis County

[Healthy Families Travis County \(traviscountytexas.gov\)](http://traviscountytexas.gov)

Healthy Families Travis County is a voluntary, home visiting program whose goals include teaching over-burdened families about maintaining safe, stable and nurturing relationships. Caring and well-trained Home Visitors reach out to families through visits that focus on the parent-child relationship, bonding and attachment, understanding child development, and learning about community resources. Services are offered to first-time parents, who reside in some Travis County zip code areas.

Family First Program

[Children First Program \(traviscountytexas.gov\)](http://traviscountytexas.gov)

The Family First Program is a voluntary, strength-based home visiting program that provides services intended to enhance the abilities of parent/caregivers to protect their children from abuse/neglect. The program provides parental education to ensure independent and improved family functioning through home-based services and by connecting the family to community resources.

The Children's Partnership (TCP)

[The Children's Partnership \(traviscountytexas.gov\)](http://traviscountytexas.gov)

The Children's Partnership (TCP) provides services and supports to children, and youth with complex mental health needs by partnering with their families and caregivers. We partner with families and develop an individualized plan of care that builds on the strengths of the child, the family, and the team. The team consists of the child, family and persons that are identified by the family and those currently working with the youth and or family. The child, youth and family voice are vital to the team process. The Children's Partnership uses a process called wraparound. For children and youth with a Primary Mental Health diagnosis or those with a Mental Health diagnosis and an Intellectual and Developmental Disabilities diagnosis, have a history of multi-system involvement (receiving special

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education, enrolled to mental health services, juvenile justice involved ...), aged 5-17 (unless enrolled in a TCP partner school), or eligible for services through a TCP Partner agency providing care.

Travis County CRCG – Community Partners for Children

[Community Partners for Children \(traviscountytexas.gov\)](http://traviscountytexas.gov)

Community Partners for Children (CRCG-CPC) is a community partnership that meets with families to create individualized service recommendations to support a child and their family. CRCG-CPC partners with families to support the success of children with complex needs, recognizes the essential value of families as partners in supporting their child's success, and acknowledges the parent's expertise and dedication regarding their child's complex needs. For children and youth 0-22 years of age.

TRIAD

[TRIAD \(traviscountytexas.gov\)](http://traviscountytexas.gov)

The goal of the TRIAD program is to ensure youth and their family's access to more intensive mental health treatment services, such as a residential treatment center, a partial hospitalization program, or an intensive outpatient program, to enhance a youth's functioning so they can return to the community with the tools they need to be successful. The TRIAD program serves youth between the ages of 8 to 17 who require more intensive treatment options to ensure their safety and emotional well-being. The youth must be a resident of Travis County, be within 200% of the Federal Poverty Income Guideline, and have current or past involvement in at least two of these agencies: Travis County Juvenile Probation Department, Child Protection Services, and/or Integral Care. The TRIAD program does not serve youth who are adjudicated by Travis County Juvenile Probation Department and/or are in the legal custody of CPS at the time of referral.

You and Family Assessment Center (YFAC)

[Youth and Family Assessment Center \(traviscountytexas.gov\)](http://traviscountytexas.gov)

The Youth and Family Assessment Center (YFAC) is a part of a county-wide System of Care initiative to ensure that our community provides a continuum of care for youth and their families with the level of support and intervention matching the strengths, needs and outcomes identified by the youth and their families.

Counseling and Mental Health

988 Suicide and Crisis Lifeline

Dial 988

<https://988lifeline.org/>

This line will route callers to the National Suicide Prevention Lifeline and connect them to trained counselors who will listen, provide support and connect them to resources if necessary.

Crisis Text Line

Text TX to 741741

24 hours a day, 7 days a week

Austin Child Guidance Center

(512) 451-2242

www.austinchildguidance.org

Austin Child Guidance Center is dedicated to improving the mental health of children and their families. A multidisciplinary team of psychiatrists, psychologists, social workers, and counselors provides individual, family, and group therapy; psychiatric and psychological evaluations; parent education; community presentations and consultations; and training to current and future mental health professionals.

Lifeworks

(512) 735-2400

www.lifeworksaustin.org

Lifeworks is an advocate for youth seeking their path to self-sufficiency. In addition to their counseling program, they assist with housing, education, and workforce training.

YWCA Women's Counseling and Resource Center

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(512) 326-1222

www.ywcaaustin.org

Provides individual and couples counseling for issues including stress, depression, communication, self-esteem, anxiety, anger management, suicide, and relationship difficulties.

Capital Area Counseling

(512) 302-1000

www.cacaustin.org

Provides low-cost psychological counseling services to the Central Texas community. We offer services to address virtually all health issues, including: depression, anxiety, and other mental health issues, marital or relationships issues, sexual, physical or emotional abuse, and the impact of family violence.

Integral Care

(512) 472-HELP (4357)

www.integralcare.org/en/247-crisis-helpline

Integral Care supports adults and children living with mental illness, substance use disorder, and developmental disabilities in Travis County. Their services include a 24 hour helpline for anyone who needs immediate support, ongoing counseling to improve mental health, drug and alcohol treatment, and housing to regain health and independence.

Walk-In Emergency Psychiatric Services

1165 Airport Blvd, Austin 78702

Richard E. Hopkins Behavioral Health Building, Second Floor

Hours: Monday – Friday, 8am to 10pm | Saturday, Sunday & Holidays, 10am to 8pm

(Services available regardless of ability to pay)

Therapy Online

www.planet-therapy.com

Online magazine format offers a database search of past and present articles on many topics. Provides links to therapists who specialize in certain issues affecting parents, children, and families, and offers an introduction to general child development from toddlers to teens. Includes an online bookstore, a classifieds section for parenting-related materials, and an audio option for some of the articles in the site.

No Estás Solo

[In-home counseling sessions for families and children \(anybabycan.org\)](http://anybabycan.org)

Families facing a challenging situation can experience a lot of stress. Any Baby Can offers counseling services for adults and kids of all ages. No Estás Solo (NES), which means "you are not alone" in Spanish, is a home-based counseling program for Any Baby Can client families. Our licensed therapists help explore and process life's challenges, including parenting, relationships, family dynamics, major life changes, sadness, worry, stress, self-esteem, grief, loss and more. For people not enrolled in Any Baby Can services, we have several support groups.

NAMI

<https://www.nami.org/Support-Education/Mental-Health-Education>

Free mental health services, groups, and classes for individuals who experience mental health challenges as well as their families. Can also call their HelpLine (800-950-6264) to receive help in finding services

988 Suicide and Crisis Lifeline

Call or text 988 or chat online at 988lifeline.org

YMCA Non-Crisis Warmline

<https://ywcaaustin.org/warmline/>

512-548-9922

The Warmline is for people with emerging non-emergency thoughts and feelings that have arisen or have been exacerbated by the current health crisis and who may benefit from receiving emotional support and a space for connection. YWCA understands that connection to others and emotional support are basic human needs and help to cope in difficult situations. The Warmline is designed to prevent a mental health crisis. If you have felt out of sorts, confused, preoccupied, extra stressed, scared, lonely, anxious, isolated, or just feel like talking with someone about

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the challenges you are facing, please call our Warmline. Our caring trained team offers non-judgmental and confidential support. No need to go through this alone, we are here for you!

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

8-hour course that provides people the basic tools to help someone showing signs of mental illness or substance use disorder or experiencing a mental health crisis.

Veterans Crisis Line

(800) 273-8255 (Press 1) or text 8388255

Toll-free 24 hours a day, 7 days a week

For Veterans in crisis or a loved one concerned about one

Health

Health Insurance for Kids

(800) 647-6558

www.chipmedicaid.org

CHIP is affordable health insurance for eligible Texas children. The bilingual website provides information about Medicaid and CHIP and includes a link to the insurance applications.

Texas Medicaid Program

(800) 252-8263

www.hhs.texas.gov/services/health/medicaid-chip

Medicaid is the State and Federal cooperative venture that provides medical coverage to eligible needy persons. The purpose of Medicaid in Texas is to improve the health of people who might otherwise go without medical care for themselves and their children.

Community Care

(512) 978-9015

www.communitycaretx.org

CommUnityCare provides services at 19 locations in Travis County. Services include outpatient primary healthcare, dental care, radiology including mammography, limited specialty care, and behavioral health services.

Lirios Pediatrics

www.Liriospediatrics.org

Free medical care for uninsured kids

People's Community Clinic

<https://www.austinpcc.org/>

The mission of People's Community Clinic is to improve the health of medically underserved and uninsured Central Texans by providing high quality, affordable health care with dignity and respect. Offers support with the following: lactation consultation, gynecology, family planning, pediatrics, nutrition, dental services, integrative pain management, chronic disease management.

Healthy Texas Women

[Home | Healthy Texas Women](#)

Services can be reduced-cost or free and include annual exams, family planning, disease screenings and treatments.

Children's Hearing Aid Texas

[Assistance with children's auditory services and hearing aids \(anybabycan.org\)](#)

Any Baby Can's Children's Hearing Aid Texas (CHAT) program assists families every step of the way through auditory testing, case management and intervention. For families who choose to use assistive listening devices, Any Baby Can may help pay for devices if the child's insurance does not.

Workforce Solutions Capital Area is an Equal Opportunity Employer/Program. Auxiliary aids and services are available, upon request, to persons with disabilities. Relay Texas: 1.800.735.2989 (TDD) / 711 (Voice) www.wfscapitalarea.com

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CARE and Candlelighters

[Family support navigating health services and resources \(anybabycan.org\)](http://anybabycan.org)

There's a lot to consider when you have a child with medical or developmental needs. Any Baby Can will help you take on the challenges ahead and figure out insurance options, medical systems and school needs. Our Candlelighters program is specific to childhood cancer and other blood diseases, while CARE (Comprehensive Advocacy and Resources for Empowerment) provides support for a broader range of childhood diagnoses, medical conditions, mental health and developmental needs. We know that raising a child with special health care needs can create burnout and risk the well-being of families. Any Baby Can prioritizes respite services and hosts respite events to help caregivers take a break and recharge.

CareBOX Program

<https://www.careboxprogram.org/how-it-works/>

Offers care boxes that people with a cancer diagnosis can receive every three months. You are able to customize your box to fit your needs and will have them delivered by a volunteer so that you do not need to worry about shipping.

Victim Services

Victims Services Travis County Sheriff Department

(512) 854-9770

www.tcsheriff.org/services/victim-services/resources

Available options include: Crisis Counseling, Information/Referrals, Protective Orders, Emergency Legal Advocacy, Crime Victim Compensation Information, Personal Advocacy, Safe Shelters, Emergency Transportation, Accompanying Victims to Hospitals.

Texas Department of Family and Protective Services

To report child or elderly abuse or neglect, call 1-(800) 252-5400

www.dfps.state.tx.us

The mission of The Texas Department of Family and Protective Services is to protect children, the elderly, and people with disabilities from abuse, neglect, and exploitation by involving clients, families and communities.

Center For Child Protection

(512) 472-1164

www.centerforchildprotection.org

Founded in 1989, the Center for Child Protection is the first stop for children who are suspected victims of sexual and physical abuse and for children who have witnessed a violent crime. An accredited children's advocacy center serving Travis County, children are referred to the Center exclusively by law enforcement, and each child is brought to the Center by a caregiver for a recorded interview, forensic medical exam, counseling, and crisis intervention. All services are provided at no charge, and most are available in English and Spanish.

National Sexual Assault Hotline (RAINN)

800-656-4673

<http://www.rainn.org>

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Family Violence

Travis County Attorney's Office/Protective Orders Division

(512) 854-9415

www.traviscountytexas.gov/county-attorney/family-violence/obtaining-po

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314 West 11th Street, 3rd Fl
Austin, Texas 78701

The County Attorney's Office, among other duties, provides representation and obtains orders for the protection of victims of family violence. Please call for more information.

Texas Advocacy Project

1(800) 374-HOPE (4673)

www.texasadvocacyproject.org

Legal services provide one of the most effective ways to permanently stop domestic violence. Texas Advocacy Project provides advice over the phone, support with do-it-yourself legal filing processes and complete client representation. Their experienced attorneys guide and advocate for you through the entire process, and their services are free.

National Domestic Violence Hotline

(800) 799-SAFE (7233)

www.ndvh.org

Hotline advocates provide support and assistance to anyone involved in a domestic violence situation, including those in same-sex relationships, male survivors, those with disabilities and immigrant victims of domestic violence. All calls to the National Domestic Violence Hotline are confidential.

SAFE, Stop Abuse For Everyone

(512) 267-SAFE (7233)

www.safeplace.org

The SAFE Alliance is a merger of Austin Children's Shelter and SafePlace, serving the survivors of child abuse, sexual assault and exploitation, and domestic violence. Services include shelter, counseling, and legal advocacy.

Hope Alliance

(800) 460-7233

Toll-free 24 hours a day, 7 days a week

Emergency shelter, counseling, children's services and more

English and Spanish

Asian Family Support Services of Austin

(877) 281-8371

Toll-free 24 hours a day, 7 days a week

Access to emergency shelter and housing, safety planning, counseling, and more

Services in various languages

Legal Services

Lawyer Referral Services (LRS) and Match Program

(512) 472-8303

www.austinlrs.com

The Lawyer Referral Service offers two important services to the public: it helps the client determine if the problem is truly of a legal nature by screening inquiries, and then by referring the client to appropriate service agencies.

Legal Aid Society of Central Texas

(512) 374-2700

www.vlsoct.org

Volunteer Legal Services of Central Texas helps low-income people with civil legal issues by holding free legal clinics where people can speak with an attorney regarding civil legal problems. The clinics are held Monday and Wednesday evenings at local middle schools. Click on Advice Clinics for more information. Volunteer Legal Services of Central Texas helps low-income clients access the civil justice system by providing volunteer attorneys who donate free legal advice and representation.

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Legal Hotline for Older Texans

1-(800) 622-2520 or (512) 477-3950

www.texaslawhelp.org/directory/legal-hotline-for-texans-tlsc

The Legal Hotline for Older Texans is a telephone hotline providing free legal advice and consultation to Older Texans, Pension Participants and Beneficiaries, crime victims and disaster victims.

Austin Bar Association

(512) 472-0270

www.austinbar.org

Non-profit corporation of Travis County attorneys provides a newsletter-format site. Includes links to Texas and Travis County based legal resources and lawyer referral services. Offers limited Frequently Asked Questions [FAQ'S] answers to the general public.

Access and Visitation Hotline

(866) 292-4636

The toll-free number provided by the Office of the Attorney General and operated by Legal Aid of Northwest Texas provides legal information regarding child custody and access and visitation matters. Callers can speak with an attorney and receive free legal information pertaining to access and visitation problems. The hotline is in operation Monday-Friday, 10 am to 6 pm.

Dispute Resolution Center

(512) 371-0033

www.austindrc.org

The Dispute Resolution Center is an independent, nonprofit organization that provides and promotes accessible, high-quality dispute resolution for all people in Travis County and surrounding areas. The DRC assists with the option of mediation instead of litigation.

TexasLawHelp

www.texaslawhelp.org

TexasLawHelp is a website dedicated to providing free and reliable legal information to low-income Texans.

State Bar of Texas Legal Referral and Information Service

www.texasbar.com/AM/Template.cfm?Section=Lawyer_Referral_Service_LRIS

If you have legal needs, The State Bar of Texas Legal Referral and Information Service can help you find a lawyer. To get a legal referral, call 1(800)252-9690 Monday- Friday, 8:30am to 4:30pm.

Association of Family & Conciliation Courts

www.afccnet.org

Home site of the Association of Family and Conciliation Courts. The international organization maintains interests of children in family law with a focus on developing ideas in mediations, resolving family conflict, and parent education.

Divorce/Custody Resources Online

www.divorce.com

Site offers an introduction to a number of facets of divorce, including child custody evaluations and the impact of divorce on children. Provides links to resources on a state-by-state, and sometimes county-by-county basis [Texas resources are limited]. Users can subscribe to the free internet newsletter on divorce, and can take online courses offered by custody and parenting experts.

Travis County Law Library

www.lawlibrary.traviscountytexas.gov

For those representing themselves in Travis County Civil Courts, the Law Library's Self-Help Center can provide forms and information. In many agreed cases, the reference attorneys can meet with family law litigants to answer questions and review paperwork.

Pet Resources

Workforce Solutions Capital Area is an Equal Opportunity Employer/Program. Auxiliary aids and services are available, upon request, to persons with disabilities. Relay Texas: 1.800.735.2989 (TDD) / 711 (Voice) www.wfscapitalarea.com

Emancipet

emancipet.org

Emancipet is on a mission to make veterinary care affordable and accessible for everyone. We manage an expanding national network of high-quality, low-cost clinics; offer customized training and consulting programs to animal welfare organizations nationwide; and advocate for strategies and public policy that improve the lives of pets in underserved communities. We are not a full-service veterinary clinic and do not treat sick or injured pets.

Austin Pet Food Bank

[Austin Pet Food Bank | Caring for Austins Pets](#)

The Austin Pet Food Bank is a non-profit 501c3 organization dedicated to feeding Travis County's undernourished dogs and cats. Through donation drops in Austin's pet establishments the Austin Pet Food Bank collects food for distribution to Austin households unable to feed their pets.

Austin Humane Society Pet Food Pantry

[Pet Food Pantry - Austin Humane Society](#)

Food will be distributed on a first-come, first-served basis. We will have dry dog and dry cat food available at the event. Please note: the brands of pet food vary for each Pet Food Pantry event.