



National Alliance on Mental Illness

# **nami** | Central Texas

**We offer *hope* and *help* to families & individuals affected by mental illness with FREE:**

**Classes**

**Presentations**

**Support Groups**

**Resources**

**Learn more about our mental health programs:**

**512.420.9810 | [info@namicentraltx.org](mailto:info@namicentraltx.org) | [namicentraltx.org](http://namicentraltx.org)**

# Mental Health Crisis Resources

**In an emergency, immediately call 911.**

## Local

### **Crisis Intervention Teams**

**Travis:** 512-854-3430

**Austin:** 512-854-3450

**Bastrop:** 512- 549-5100

**Burnet:** 512-756-8080

**Hays:** 877-466-0660

**San Marcos:** 512-392-7151

**Williamson:** 512-943-3545

### **24/7 Crisis Hotline**

**Travis:** 512-472-HELP (4357)

**Central Texas:** 1-800-841-1255

**Hays:** 1-877-466-0660

## National

### **National Suicide Prevention Lifeline**

1-800-273-8255

### **Text Line & Online Chat**

- **Text** Text NAMI to 741-741

- **Chat** Visit [imalive.com](http://imalive.com)

### **NAMI HelpLine**

1-800-950-NAMI (6264), M-F, 9 am-5 pm, CST.

### **For additional resources**

Visit [namicentraltx.org](http://namicentraltx.org)