



Community Resources for Students and Families

Below is a listing 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 Independent School District.

Hospitals and Mental Health Facilities	
<p>Hill Country MHDD Centers Scheib Center (M-Th, 8am-5pm) 1200 N. Bishop, San Marcos, TX 78666 512-392-7151</p> <p>Kyle MH Clinic (Mondays & Tuesdays) 181 Kirkham Circle, Kyle, TX 78640 512-392-8953</p> <p>Wimberley MH Clinic (Wednesdays) 501 Old Kyle Rd, Wimberley, TX 78676 512-392-8953 <i>*No cost assessment</i></p>	<p>Integral Care Psychiatric Emergency Services Richard E. Hopkins Behavioral Health Building 1165 Airport Blvd., 2nd Floor, Austin, TX 78702 512-472-4357 <i>*For families with specific Austin zip codes, call ahead to confirm</i></p> <hr/> <p>Cross Creek Hospital 8402 Cross Park Dr, Austin, TX 78754 844-218-7169 <i>*No cost assessment, accepts patients 12 yrs and older</i></p>
<p>Dell Children's Mental Health Unit 4900 Mueller Blvd. Austin, TX 78723 512-324-0029 <i>*Appointment required, call ahead</i></p>	<p>Austin Oaks Hospital 1407 W. Stassney Ln Austin, TX 78745 512-593-7347 <i>*No cost assessment- 24/7 support, walk-ins welcome</i></p>

Tele-Resources		
<p>Seton Hays Telepsychiatry www.seton.net 877-918-2039</p>	<p>Texas Suicide Prevention 800-273-TALK (8255)</p>	<p>Crisis Text Line Support via texting 741741</p>

Area Support Groups		
<p>Family to Family, NAMI Central TX 10-week, peer-led class for families and friends of adults with mental illness. FREE 512-420-9810</p>	<p>Basics, NAMI Central TX 6-week, peer-led class for parents of children and teens with mental illness. FREE 512-420-9810</p>	<p>Eating Disorder Group For families of individuals living with an eating disorder, 2nd Saturday of the month. go.recovery08@gmail.com</p>
<p>Survivors of Suicide Free peer-led group at St. David's North Austin Medical Center. 512-560-6115</p>	<p>The Christi Center Support groups for loss of a loved one to suicide or overdose, for all ages, Spanish available. 512-467-2600</p>	<p>UT Austin Anxiety & Stress Clinic Sliding scale group and individual cognitive-behavioral therapy for stress and anxiety related disorders. 512-471-7694</p>
<p>Borderline Personality Disorder For families and friends of people with BPD, moderated by a licensed professional. FREE</p>	<p>Obsessive-Compulsive Disorder Peer-led support group for persons with OCD. 512-799-1876</p>	<p>Hays-Caldwell Women's Center Support for children and adults related to family violence or sexual abuse, bilingual available, FREE</p>

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 than 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 (M.D.) or doctor of osteopathic medicine (D.O.), 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 (L.C.S.W.) with training and experience specifically in mental health. A licensed clinical social worker must have a master's degree in social work (M.S.W.) 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 (L.P.C or L.C.P.C.) 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.