

Crisis:

- Mental/Physical Emergency
 - Call 911 for immediate care
- Bluebonnet Trails Community Services
 - 24/7 Crisis Hotline
 - 1-800-841-1255
- Austin Travis County Integral Care (ATCIC)
 - 512-472-HELP (4357)
- Travis County Sheriff's Department
 - 512-974-0845 OPT #3
- Austin Safe Place
 - 24/7 Crisis Hotline
 - 512-267-SAFE (7233)

Westover Counseling Center:

- Ray Sibert, M.MFT, LPC-s (South Austin, Westover)
 - Personal, Marriage and Family Counseling, Grief, Crisis, Trauma, PTSD, Difficult Life Transitions
 - 512-468-2365
 - <http://www.lightfindinghope.com/>
- Christian Pimentel
 - Personal and Family Counseling
 - 512-982-4065
 - christian@westover.org
- Kayla Bogs
 - Trauma, anxiety, depression, other mood disorders, attachment disorders, Autism Spectrum Disorder.
 - kaylabogs26@gmail.com
- Mike Thompson
 - Marriage and Family
 - 512-489-0314
 - mlsoulmft@gmail.com

Private Counseling and Psychiatry:

- Janis Claflin, LMFT (Westlake)
 - Individual, family and group therapy, grief and loss, business consulting, mediation, executive coaching and wealth counseling – Cognitive Behavioral Therapy
 - 512-920-5484

- Jean Bringol, LMFT (Austin)
 - Christian Marriage Counseling and Family Counseling
 - 512-774-6916
 - <http://www.austinmaritalcounselor.com/>

- Stacy Ruse, LPC, NCC, CYI, Psychotherapist (North)
 - Specializes in working with clients that suffer with obsessive thinking/images, compulsive behaviors, panic, debilitating worry, phobias, unresolved trauma and painful life events, self-harming, suicidal thoughts/attempts, body image concerns, disordered eating related behaviors.
 - 512-808-3452
 - <http://stacyrusecounseling.com/>

- Jaron L. Winston, M.D. (North)
 - Board-certified in General Adult and Geriatric Psychiatry
 - 512-610-1111
 - <http://www.texastmscenter.com>

- Lynn Turner, MAHS, LPC, LCDC (Liberty Hill)
 - Individual and family therapy, for those struggling with addiction or mental illness
 - 512-588-5772
 - <http://libertyhillcounseling.com/>

- Cloyd Taylor, MTh, PhD
 - Family Psychology
 - (512) 246-8055

- Shoal Creek Hospital
 - Emotional/Mental issues and substance abuse
 - 512-324-2039
 - www.seton.net/behavioral-health-care/

- Austin Recovery
 - Addiction treatment
 - 512-697-8500
 - <http://www.austinrecovery.org/>

- Texas Children Study Center (A Division of Dell Children's)
 - Treatment for children and adolescents with emotional, behavioral, and developmental disabilities
 - 512-324-3315
 - www.dellchildrens.net/services-and-programs/texas-child-study-center-mental-health-services

Counseling Centers:

- Caritas Refugee Resettlement
 - Provides safety, food, housing, and resources to refugees, leading to their self-sufficiency.
 - Mamadou Balde, mbalde@caritasofaustin.org
 - 512-320-0270
 - 505 E 7th Street, Austin, TX 78701
 - <http://www.caritasofaustin.org/>

- Christian Counselors of Texas – Austin Chapter
 - <http://www.christiancounselingaustin.org/>

- Crossroads Counseling Associates
 - Marriage and Family Therapy
 - Counselors:
 - Rick Reynolds LCSW
 - Leslie Hardie, LCSW
 - 512-346-9299
 - <http://crossroads-counseling.net/>

- My Healing Place
 - Working with individuals and families who have experienced the loss of a loved one due to death, divorce or separation.
 - 512-472-7878
 - <http://myhealingplace.org/>

- The Timothy Center
 - Counselors available at multiple locations
 - 512-331-2700
 - <http://timothycenter.com/>

- Heart of Texas Intergroup of OA (Overeaters Anonymous)
 - Group meetings at various times throughout the week.
 - 512-327-2802
 - <http://www.heartoftexasoa.org/>

- Affair Recovery
 - Online help to heal from the pain of affairs and betrayal in marriage.
 - Rick Reynolds, LCSW
 - 888-527-2367
 - info@hope-now.com
 - <https://www.affairrecovery.com/>

- Center for Relational Care
 - The CRC Intimacy Therapy model can help you identify and address obstacles to relational connection and provide skills for communicating heart-to-heart in the context of any human relationship.

- Counselors available at multiple locations
- 512.492.6200
- www.relationalcare.org

Westover Resources:

Family Grace

Family Grace is a 12-week class to provide support, community, and resources for individuals who have family members living with mental illness or addiction.

Contact: Merry Culp for next available class (mculp@swbell.net)

Grief Share Ministry

This class provides Christ-centered perspectives on journeying through the stages of grief, while connecting participants to supportive community.

Contact: Ray Sibert for next available class (ray.sibert@me.com)

Marriage Ministry Team

This team will help to put you in contact with couples within the Westover family who have personal wisdom and Godly instruction to help you take steps toward a richer marriage. Ministry Leaders: Archie & Carol Johnson, Gayle & Monte VanStavern, and Larry & Chari Johnson.

Contact: Chari Johnson, upon request from church office (512-345-6386)

Westover Moms

Westover Moms is a program designed to encourage, equip and energize mothers with children from newborn through elementary age for one of the most challenging and important jobs—parenting. Through practical, biblically-based teaching on parenting and supportive interaction in small groups led by experienced mothers, we wish to foster growth not only in our parenting skills, but in our wholeness as women—intellectually, relationally, and spiritually. Wednesdays (9:45-11:30 a.m.)

Contact: Lindsay Norsworthy at moms@westover.org

Stephen Ministry

Stephen Ministries is built on the belief that God uses his people to carry his love to those in need. If you have a desire to help people in their times of hardship, but feel you don't have the resources or training to do so, Stephen Ministries is precisely what you have been looking for.

Contact: Go to <http://westover.org/stephen-ministry/>

Westover Resources:

Celebrate Recovery - Celebrate Recovery is a highly effective program for finding freedom from the chains that shackle our lives and hold us in bondage to sin, shame or a painful past.

Grace Covenant Schedule: http://grace360.org/th_gallery/celebrate-recovery/

Celebrate Recovery Website: <http://www.celebraterecovery.com/>

LifeCare - Austin LifeCare has been serving the Austin area for over 30 years with the goal of meeting the needs of women, men and their families, who are facing an unplanned pregnancy. All services are provided free of charge.

Contact: 512-374-0055 www.austinflifecare.com

Lifeline Chaplaincy - Serves the needs of the seriously ill, providing spiritual care of patients through chaplains and trained volunteers.

Contact: <http://www.lifelinechaplaincy.org>

NAMI Austin

- Family-to-Family Education (12 wks): <http://www.namiauustin.org/education/family-to-family/>
- Family Support Group - <http://www.namiauustin.org/support/family-support-group/>

Travis Heights Christian Church and Straightway Ministries at NACC

Contact: Stanley Clark 512-799-2961

Lawyer Referral Service of Central Texas - Referrals to qualified lawyers (partnered with more than 250 attorneys in most areas of the law).

512-472-8303

<http://austinlrs.com/>