

# Austin Community Resource List

*Unfortunately, Texas rejected the Medicaid expansion in 2012, which means it's a rough place to apply for national healthcare if you don't have some income. But support systems do exist, especially in Travis County. Since we're in Tejas, most social services will speak Spanish. Because the state government does not provide much, many of these services are coming from faith communities... you do not have to have any particular faith affiliation to access these services, and nobody should tell you otherwise. Publishing this list is not a guarantee of kindness of people, usefulness or appropriateness of services to individuals. We hope it'll work out well.*

*Many thanks to Wildflower members who contributed to this list. If a listing is incomplete or wrong, please feel free to offer kind suggestions and more complete information to [careteam@wildflowerchurch.org](mailto:careteam@wildflowerchurch.org).*

## WILDFLOWER CHURCH RESOURCES

**Care Team** - food, driving to doctor visits, cards/messages/visits to people who are not able to get out or are hospitalized. [careteam@wildflowerchurch.org](mailto:careteam@wildflowerchurch.org)

**Pastoral Care Team** - support and deep listening; covenantal conversations  
[pastoralcare@wildflowerchurch.org](mailto:pastoralcare@wildflowerchurch.org)

**Urgent Needs:** If your need is urgent and you need help right away, please call **512/956-8723**. Someone will get back to you as soon as possible.

**Minister's Discretionary Fund** - financial help available to Wildflower members for help with emergent needs [pastoralcare@wildflowerchurch.org](mailto:pastoralcare@wildflowerchurch.org)

## IMPORTANT PHONE NUMBERS

In Austin, uninsured folks who need support can call **CommUnityCare, 512-978-9015**.

**Medical Access Program (MAP)** - Since Texas eliminated the opportunity for subsidized healthcare for those with little or no income, Travis County created its own version of Medicaid. It's called MAP. Application is available here: [centralhealth.net/map](http://centralhealth.net/map), at **512-978-8130**, or by email: [mapdocs@centralhealth.net](mailto:mapdocs@centralhealth.net).

**Call 211.** United Way has a ton of resources and connections to share. It can help to connect care and resources you're already receiving. [Some info about the 211 call center](#)  
**Visit Auntbertha.com.** You can put in your zip code, and it lists resources that give help in these categories: Bill support (money), food, goods, health, transit, housing, care, education, work and legal. Many of these are national programs, but you can apply.

## FOOD ACCESS

**Neighborhood Centers, by Austin Public Health.** Food assistance available Mon-Thurs 8am-10:30a.m. There are several in the city. You do need to provide ID and a bill or some proof that you have an address in Travis County. They also offer: clothing, bus passes, checkups, disease screening, pregnancy tests, vaccinations, help navigating the system, help filling out forms, community, one-on-one support, notary.

**Bread for All** Lutheran food pantry. “If you or your family needs food, please come by. We always have canned food, bread, and fresh produce at no cost. Si tú necesitas o tu familia necesita comida, favor de visitarnos. Siempre tenemos comida enlatada, pan y frutas y verduras frescas – todo gratis.” <https://austincitylutherans.org/food/> Every Monday, 5-6:30pm; Faith Presbyterian Church, 1314 E. Oltorf

**Red Beans Austin** - like a Mealtrain for the city — contribute or request food <https://redbeansaustin.com/>

**Hill Country Community Ministries** free fruit and vegetable boxes, delivery times, dates and locations here: <https://sites.google.com/view/freshfoodforall/home>

**Food Not Bombs.** It’s a ‘loose-knit group of independent collectives’ wanting increased emphasis on feeding the world, less emphasis on bombing it, and being the change they want to see. They make and serve vegan food on Saturdays. Their list: [austinfoodnotbombs-subscribe@lists.riseup.net](mailto:austinfoodnotbombs-subscribe@lists.riseup.net)

**Palm Square Community Center** 100 N. IH 35, Ste.2000 512/854-4120  
Food Stamps, Rent Help, M-F, 8am - 5pm

## MENTAL HEALTH

**Suicide Prevention Hotline:** [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) 24/7: 1-800-273-8255  
RAINN (LGBTQ+ resource):

<https://www.rainn.org/articles/lgbtq-survivors-sexual-violence>

**Statewide COVID-19 Mental Health Support Line** 24/7: **833-986-1919**

- **Mental Health America** [Mental Health and COVID-19- Information and Resources](#)
- **National Association of Mental Illness (NAMI)** [National Helpline Resource Directory](#) ; Lifeline phone number: 1-800-273-8255

**Integral Care** (formerly known as ATCHMR - Austin Travis County MHMR):

<https://integralcare.org/en/247-crisis-helpline/> ; Walk-ins; 1602 East 2nd St.  
512-804-3600 or ARCH 500 E. 7th St.

**Mental Health Crisis Hotline/24h walk-in** <https://integralcare.org/en/247-crisis-helpline/>

**LGBTQI crisis hotline** <https://www.thetrevorproject.org/get-help/> ; talk -1-866-488-8376;  
Text START to 678-678

**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.  
24-hour Hotline 512-267-7233

**Suicide Prevention (ATCIC)** 56 East Ave. 24-hr. Hotline 512-472-4357

**The Council on Recovery** 8402 Cross Park Dr. 512-697-8600

**Drug & Alcohol Rx** M-B 8am-3p 1-800-373-2081

**Alcoholics Anonymous** 1825 Fortview St. Ste. 104 512-444-0071 M-F 9am-6pm

## **FREE OR INCOME-BASED COMMUNITY COUNSELING RESOURCES**

**The Christi Center (Grief/loss groups)** <http://christicenter.org/>

2301 Hancock Dr. 512-467-2600

**Capital Area Counseling** <http://www.cacaustin.org/>

7703 N. Lamar, #500 512-302-1000

**Integral Care** <https://integralcare.org/en/adult-service/>

**Waterloo Counseling Center** <https://www.waterloocounseling.org/>

314 E. Highland Mall Blvd., Suite 301, 512-444-9922

**Lifeworks** <https://www.lifeworksaustin.org/counseling> 512-735-2100

**Lone Star Circle of Care** <https://lonestarcare.org/service/behavioral-mental-health/>

1-877-800-5722

**The Samaritan Center for Counseling** <https://Behavioral and Mental Health | Lone Star Circle Of Care/samaritan-center.org/services/>

**Bluebonnet Trails Community Services** <http://bbtrails.org/> 1-844-309-6385

Williamson County Location

**Low-cost Mental Health Services** <https://thementalwellnessnetwork.org/>

Provides a directory of low-cost mental health services in the Austin area.

**New Life Institute:** Professional Counseling for all, Income-based fees. 512-469-9447

[www.newlifetexas.org](http://www.newlifetexas.org) St. Luke’s Methodist Church, 1306 W. Lynn St. #3

**Flatwater:** Free counseling if you or your loved one is living or did live with cancer

<https://www.flatwaterfoundation.org/> 3575 Far West Blvd.#29810 512-553-2010

**Hospice Austin** May require you to go on a waiting list for 1:1 counseling, but has open support groups on the North and South sides of Austin. 4107 Spicewood Springs Rd.

<https://www.hospiceaustin.org/our-services/grief-support/bereavement-support-groups/>

## **JOB SUPPORT & JOB SKILLS**

**Work In Texas.** Texas as a state kind of believes you have to be working full-time to be a good person. Which we all know is full of holes, but it means they have offices and online resources for job-hunters. [www.Workintexas.com](http://www.Workintexas.com) <https://www.twc.texas.gov/>

**Adults with Disabilities:**

<https://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services>

**Professional Clothing for Women** <http://austin.dressforsuccess.org/>

701 Tillery St. #A-5 512-389-3723

**Offender Workforce Development Program** 5501 Airport Blvd. 512/854-6497

10am Job Orientation

## **HOUSING & SHOWERS**

**Shelters:** <https://www.shelterlist.com/city/tx-austin> (updated list of shelters in Austin)

**Housing Services:** <https://caritasofaustin.org/need-help/get-started/>

**Domestic Violence & Children's Shelters/Services:**

[www.safeaustin.org](http://www.safeaustin.org), Call: 512.267.SAFE (7233) | Text: 737.888.7233 |

**Community First Village/Mobile Loaves and Fishes** - east Austin. This is a Christian community several miles past Airport Blvd which houses unhoused folks in tiny homes and trailers. <https://mlf.org/community-first/>

**Trinity Center Austin** - Day shelter. Trinity Center has evolved from a Sunday-only ministry to a nonprofit organization that offers food, programs and activities throughout the week. <https://www.trinitycenteraustin.org/about>

**S A Austin Shelter** 4523 Tannehill Ln. 512-933-0600 Single Women & w/Children

**Casa Marianella** 821 Gunther St. 512-385-5571 Spanish Speaking/Political Asylum Intake

Daily 8am-8pm/Free English Classes M-TH 7:30-9pm

**Lifeworks Shelter for Youth** 512-441-6914/512-735-2400 24-hr. ER Shelter age 13-17 yrs.

**Transitional Living Program** 512-735-2400 Youths 18-22 years

**Foundation for the Homeless** Transitional Housing for Families with Children

512-435-6570 9am-5pm Case Management

**Austin Resource Center for the Homeless (ARCH)** Men's Emergency Shelter

500 E. 7th 512-305-4100 6pm lottery for night's sleep

**Housing Authority & Section 8** 512-477-1314 apply for housing

**Travis County Housing Authority** 512-480-8245 apply for housing

**Front Steps Transitional & Permanent Supportive Housing** 500 E. 7th St.

**Cold Weather Shelter: ARCH** 512-305-4233 Adults

**Lifeworks** 512j-735-2300 Youth to 23 Street Outreach Emergency CPS 512-735-2200

**S.H.A.C. (Self Help Advisory Center)** 3205 S. 1st At. 512-442-3366 M-T 12-4:30pm

Boarding Homes/Apartments/Job Resources; Call for Information

**Baptist Community Center** 2000 E. 2nd St. 512-478-7243 Call for appt.

Limited Rent/Utility \$-Current Bill Photo ID & Social Security Card required

## **KID-SPECIFIC**

**Shelters:** <https://www.shelterlist.com/city/tx-austin> (updated list of shelters in Austin)

**Housing Services:** <https://caritasofaustin.org/need-help/get-started/>

**Domestic Violence & Children's Shelters/Services:**

[www.safeaustin.org](http://www.safeaustin.org), **Call: 512.267.SAFE (7233) | Text: 737.888.7233 |**

**Austin Shelter for Women and Children**

<https://salvationarmyaustin.org/austin-shelter-for-women-and-children/>

## **DISABILITY RESOURCES**

**Attendant services/Personal Care Services** - how to obtain

<https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-attendant-services-cas> The state of Texas offers **Relay Texas** for those who are deaf, hard of hearing or speech impaired, which you can use by dialing 711 or 800-735-2989.

**Employment:** <https://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services>

**Transportation:** <https://www.capmetro.org/metroaccess>

## **THRIFT STORES/CLOTHING**

*Cheap & Great:* **Treasure City Thrift, Top Drawer Thrift, Texas Thrift**

*Fashionable:* **Blue Velvet Vintage, Goodwill on Lake Austin Blvd, Buffalo Exchange, Monkeez**

*Ubiquitous:* **Goodwill**

*Good Cause:* **Treasure City** ('solidarity, not charity!') **Top Drawer** (benefits people living with HIV)

*The Rest:* **Junior League Assistance**

*Professional clothing:* <http://austin.dressforsuccess.org/>

## **RESOURCES FOR WOMEN**

**Professional clothing:** <http://austin.dressforsuccess.org/>

**Trinity Center Austin** (Day shelter) <https://www.trinitycenteraustin.org/about>

**Austin Shelter for Women and Children**

<https://salvationarmyaustin.org/austin-shelter-for-women-and-children/>

## **SOCIAL WORK AND ASSISTANCE WITH PAPERWORK**

**Austin Resource Center for the Homeless (ARCH)**

500 East Seventh Street Austin, TX 78701 Phone: 512-978-9920

**Casa Marianella** [www.casamarianella.org](http://www.casamarianella.org) 821 Gunter St, ATX 78702

This is a relaxed, supportive bilingual community.

## **FREE THINGS TO DO**

**Tuesday Night Yoga Bike Ride** <https://www.facebook.com/groups/246934478735899/>

**Thursday Night Social Bike Ride**

<https://do512.com/events/weekly/thu/social-cycling-atxs-urban-night-ride>

**Zilker Outdoor Theater:** <https://zilker.org/>

**Eeyore's Birthday Party** — every April in Austin, at Pease Park

**Splash pads** — neighborhood specific

**Green Belt** — 360 and Mopac, hikes and swimming in season.

Walk or picnic at **Lady Bird Lake** or **Doug Sahm Hill**. Starting at 4:30 p.m. each day there is a dog party by the river next to Doug Sahm Hill. Great way to meet other dog-lovers.

**Mount Bonnell** Great at sunset. Also has plenty of parking.

**Swim free** @ Barking Springs, or before opening and closing at Barton Springs

**Hippie Hollow** <https://www.tripsavvy.com/hippie-hollow-gay-beach-1417169>

**Mayfield Park** There are peacocks.

**Zilker Park Austin Nature & Science Center** 2389 Stratford Dr.

**Pease Park**

## **SAFE PLACES TO PARK A CAR OR VAN OVERNIGHT**

**North.** Target parking lot. Mount Bonnell.

**South.** Target parking lot. Barton Springs east entrance.

**Central.** Clarksville is fairly quiet, and has lots of on-street parking and quiet areas.

**East of 35.** Springfield area has lots of art, food and residential streets.

**West of Mopac:** *listing in progress, please share suggestions at [careteam@wildflowerchurch.org](mailto:careteam@wildflowerchurch.org)*

## **SPECIAL CIRCUMSTANCES**

**High-Interest Loans.** If you are caught in a predatory lending cycle, maybe a car loan or payday lending, St. Vincent DePaul has a program to help people get out from under this kind of burden: <https://www.ssvdp.org/predatory-loan-conversion-program/>

**Disaster Relief.** If you have been affected by a natural disaster or a fire

**American Red Cross** [www.redcross.org](http://www.redcross.org)

**St Vincent De Paul** has a program called House in a Box to help people in homes to furnish those homes at low cost if they've experienced a disaster. 901 Braker Lane 512-442-5652

**Travis County Burial Assistance.** They will ask you to fill out an application disclosing any income to verify that you/your family cannot pay for burial. Allowable limit on applicant resources is \$2,000. **512-854-4120.** 1400 N IH 35, Austin, TX 78704.

**Funeral Consumers' Alliance (FCA/AMBIS)** This group creates a burial/cremation price list each year to create clarity for families experiencing a death. <https://www.fcactx.org/>

**Loss of a baby or a child under 18.** There are specialized resources, which include financial support for burial or a funeral, and grief counseling. Many of these programs are national, and are listed on **auntbertha.com**

**If your background is Catholic,** Cristo Rey congregation sometimes has financial support available for burial and funeral expenses. *Se hablan espanol.*

**Veterans' Affairs.** The VA can help with anything from mental health to hospital visits to covering burial for a veteran.

## **IMMIGRATION CONCERNS**

**If your background is Catholic,** Cristo Rey congregation sometimes has financial support available for burial and funeral expenses. *Se hablan espanol.*

**Medical Access Program (MAP)** - Since Texas eliminated the opportunity for subsidized healthcare for those with little or no income, Travis County created its own version of Medicaid. It's called MAP. "All uninsured Travis County residents are encouraged to apply, regardless of their U.S. residency status. Enrolling in MAP or MAP BASIC will not impact your path to a green card." Application is available here:

[www.centralhealth.net/map](http://www.centralhealth.net/map) at 512-978-8130, or by email: [mapdocs@centralhealth.net](mailto:mapdocs@centralhealth.net).

**RAICES (Refugee and Immigrant Center for Education and Legal Services)** is a "nonprofit agency that promotes justice by providing free and low-cost legal services to underserved immigrant children, families, and refugees. With legal services, social programs, bond assistance, and an advocacy team focused on changing the narrative around immigration in this country, RAICES is operating on the national frontlines of the fight for immigration rights. We defend the rights of immigrants and refugees, empower individuals, families, and communities, and advocate for liberty and justice."

[www.raicestexas.org](http://www.raicestexas.org)

## **RELATIONSHIP SUPPORT**

- [ACC counseling center video on Healthy Relationships: Managing Conflict](#)
- [ACC counseling center video: Stress Management](#)
- [ACC counseling center: The Art of Conscious Living: Mindfulness 101](#)
- [ACC counseling center: Grief and Loss](#)

## EDUCATION

**El Buen Samaritano Epscopal Mission** 7000 Woodhue Dr. 512-439-0700  
Family Health & Human Services/Education Programs/ESL

## PREPARED MEALS (call first to be sure schedules haven't changed)

**Congregational Church of Austin** 408 W 23rd St. 512/472-2370

**Caritas Community Kitchen** 611 Neches 512-479-4610

Hot Lunch M-Sat. 11am-12pm

**Salvation Army** 501 E 8th St, 512/476-1111 M-Sat. 4pm-5pm; Sun. 3-4pm

**University Avenue Church of Christ** 1903 University Ave. 512-476-9584

(back entrance) Hot Breakfast 6am Wed. only

**University United Methodist Church** 24th & Guadalupe 512-478-9387

Saturday only: Brunch 9-11am; Clothing 9:30-11am

**Feed My People** T/TH 5-7am @First Methodist Church

1300 Lavaca 512-453-6570; Birth Certificate/ID required

**Mobile Loaves and Fishes** [www.mlf.org](http://www.mlf.org) for locations

**Food not Bombs** Sat. 5pm Woolridge Park (Guadalupe & 9th)

## GROCERIES

**Trinity United Methodist Church** 512-420-0710 Th/F 9:30am

**Baptist Community Center** 2000 E 2nd St. 512/478-7243 By Appt. M-F

8:30am-12pm & 1-5pm (Except Holidays); Free Bread & Pastry M-F 9:30am

**Caritas of Austin** 611 Neches 512-479-4610 Pantry Food through Case Manager

## MEDICAL CARE

**Ascension Dell Medical Center at the University of Texas** 512-324-7000 1500 Red River

**Salvation Army Community Care Clinic** (MAP Cards & Case Mgmt)

512-978-9960 M-Sat 8am-8pm

**CommUnity Care** 500 E. 7th St. 512-978-9920 M-Th 8am-12pm; 1pm-5pm

**MAP Cards** 500 E. 7th. M-F 8am-5pm

**Recuperative Care Program Front Steps** 512-462-4980 Respite Care for the Hospitalized

Homeless Hospital Referral Only.

**Volunteer Health Clinic** 4215 Medical Parkway 512-459-6002 T/Th Pic ID & Proof of \$  
**Lifeworks Street Outreach @ Congregation Church at Austin** 23rd & San Antonio  
5120735-2300 M/W/Th 12pm-3:45pm 18-24 yrs.

**Baptist Community Center** 2000 E. 2nd St. 512-478-7243 8:30am-12pm & 1pm-5pm  
Some Prescriptions Need Appt, Current Bill, Photo ID & Social Security Card

**AIDS Services of Austin** 7215 Cameron Road 512-458-2437 for HIV care

Provides Case Mgmt, Food Bank, Housing, HIV Test, Insurance Assistance

**People's Community Clinic** 2909 N. IH 35 Sliding Scale \$ 512-478-4939

**Hill Country Intergroup/Referrals and support** [www.austinaa.org](http://www.austinaa.org)

**S.H.A.C. (Self-Help Advisory Center)** 3505 S. 1st St. 512-442-3366

M-T 12-4:30pm, @-F 9am-4pm Peer Support Groups for Depression

## **DENTAL AND EYE CARE**

**AIDS SERVICES OF AUSTIN-Jack Sansing Dental Clinic** 3000 A Medical Arts  
512-479-6333 for HIV+ Only by appt. M-Th 9am-5pm Fri 9am-12pm

**Manos de Cristo Dental Clinic** 4911 Harmon Ave. 512-477-2319

M-F 7am-7pm / Emergency Walk-Ins 7am-11am M-F

Saturdays 8am-Noon, Emergency Walk-ins 8am-11am

## **LEGAL AID/ADVOCACY**

**Legal Aid for the Homeless** 500 E. 7th St. Sign-up starting Th 1pm

512-305-4160/800-369-9270 Mon. clinic 6-7pm @ Martin Middle School, Haskell St./  
Wed. clinic 6-7pm Webb Middle School 601 E Saint Johns St. Call 512-374-2700 ext.  
0 to verify

**UT Criminal Defense Clinic** 727 E. Dean Keaton St. Call 512-232-1300

**American Gateways (Formerly PAPA)** 314 E. Highland Mall Blvd. Ste 501

512-478-0546 Call or drop by for appt. M-Th 9am-5pm

**Family Law Hotline** 512-476-1866 M-F 8:30am-5:30pm

**National Domestic Violence Hotline** 1-800-799-7233

**House the Homeless!** Richard R. Troxell Homeless Advocate

[www.universallivingwage.org](http://www.universallivingwage.org) or [www.housethehomeless.org](http://www.housethehomeless.org)

**Project Help** 901 Neal 512-414-3690 Help homeless AISD children/youth

**Disability Rights TX** 512-454-4816 or 1-800-252-9108

## **VETERANS**

**Suicide Hotline** 1-800-273-8255

**Veterans Affairs Medical Outpatient Clinic** 2901 Montopolis 512-389-1010  
1-800-423-2111 Resources/DD214/Referrals/Counseling MFT 7:30am-4pm

**VA Suicide Hotline** 1-800-273-8255

**The Vet Center PTSD (Counseling)** 2015 S. IH 35 Southcliff Bldg. Ste. 101  
512-416-1314 or 512-416-1315 M-F 8am-4:30pm

**Travis County Veteran Services** 512-854-9340 M-F 8am-12pm and 1pm-5pm  
Disability/Benefits/Resources/Referrals

**Veterans Affairs Mental Health Clinic** 2101 S. IH35 Southgate Bldg.  
512-433-2020 and VA Hospital in Temple 800-423-2111

### **OTHER HELPFUL NUMBERS**

**Austin Police Department Victim Services** 512-974-5037

**Capital Metro** 512-474-1200

**Christian Service Center** 512-476-9584 call for appt. 9:15am-11am M-Th  
Limited Help \$/ID/Birth Certificate/Other Resources

**Social Services First Call for Help** dial #211 // [www.auntbertha.com](http://www.auntbertha.com)