



Mental Health Resources

Employee Assistance Program:

ECR offers an Employee Assistance Program (EAP) through Principal to help you along the journey of life. When you and your household members need assistance, reach out to them anytime and they will help get you on the right path to meet your needs without any cost to you.

Our EAP program is there to help you with a variety of issues including anxiety, family and relationships, overall emotional well-being, stress, substance misuse, legal and financial services, and more. No situation is too big or too small.

To access your EAP, call 800-450-1327 or go online at MagellanAscend.com and enter Principal Core for the Company Name.

Individual Therapist's:

- *Austin Psychological Practice* (Dr. Jason Shestok)
 - Provides psychotherapy for children, adolescents, and adults.
 - Specialties include testing and evaluation, ADHD, and Autism.
 - Provides comprehensive psychological evaluations, neurocognitive evaluations, and academic achievement assessments.
 - Phone: 512-998-9806
 - Email: Jason@austinpsychologicalpractice.com
- *Audry Steele*
 - Specialties include anxiety, depression, relationship issues, parenting, health and body, and work/creativity.
 - Specifically works with adults over 27 years of age
 - \$85-\$300/session
 - Phone: 512-619-5714
 - Email: Audrysteele@audrysteele.com
- *Craig Kern*
 - Provides psychotherapy services that focus on reducing distress, anxiety, and depression.
 - Focuses on helping patients deal with life transitions, divorce, and trauma.
 - \$135/session
 - Phone: 512-595-0265
 - Website: <https://craigkern.com/>

- *Samheet Kaur*
 - Specializes in working with highly sensitive people from multicultural backgrounds.
 - Areas of focus include thinking disorders, depression, and chronic pain.
 - Utilized motivational interviewing, cognitive behavioral therapy, and mindfulness.
 - \$120-\$140/session
 - Phone: 512-572-9774
- *Austin Therapy Group (Neena Hamamcy)*
 - Focuses on postpartum depression, new mother support, marriage counseling, couples counseling, relationship difficulties, parenting issues.
 - Provides support and guidance through challenging situations individuals or couples may face.
 - \$125-\$150/session
 - Phone: 512-523-5344
 - Website: <https://www.austintherapygroup.com/>

Family Focused Therapy:

- *Austin Child Guidance Center*
 - A not-for-profit organization, subsidized by public and private entities to ensure that family access to mental health services is affordable.
 - Offers group therapy, psychological assessments, psychiatric services, parent workshops, walk-in clinic.
 - Accepts United Healthcare and has a sliding scale
 - Phone: 512-451-2242
 - Website: austinchildguidance.org
- *Lifeworks*
 - LifeWorks Counseling Division provides support for individuals and families who are struggling with issues such as family conflict, abuse, trauma, anxiety, depression, and the stress of everyday life.
 - One of the largest providers of affordable/free mental health counseling in Austin
 - Sliding fee scale available. Free services for STAR-eligible youth and their families.
 - Phone: 512-735-2400
 - Website: lifeworksaustin.org
- *Austin Family Institute*
 - Family therapy focusing on the mental health of the whole family
 - Helps families and individuals cope and heal from issues like trauma, grief, substance abuse, depression, and anxiety.

- Offers services to parents as well as children
- Sliding scale available
 - Phone: 512-329-5595
 - Website: austinfamilyinstitute.org
- *Austin Family Counseling*
 - Counseling practice providing expert-level guidance and support for families, children, couples, and individuals.
 - Offers parenting workshops and groups for individuals seeking community and support.
 - Counseling for children and teens, parenting support, positive discipline, coaching, couples counseling, family counseling.
 - Private pay only
 - Phone: 512-298-3381
 - Website: austinfamilycounseling.com

Local Addiction Facilities:

- *Infinite Recovery*
 - Phone: 844-206-9063
- *Ascension Seton Shoal Creek*
 - Phone: 512-324-2000
- *Cross Creek Hospital*
 - Phone: 512-215-3900
- *Briarwood Detox*
 - Phone: 844-278-6605
- *Ceinkor Foundation*
 - Phone: 888-236-4567
- *Austin Oaks Hospital*
 - Phone: 512-440-4802

Online Therapy Apps:

- *Calmermy*
 - Most affordable online therapy app
 - Covers a large range of specialties
 - From \$42-\$90/week
- *Talkspace*
 - Most reputable provider
 - Offers psychiatry, couples therapy and teen therapy
 - From \$69- \$129/week
- *BetterHelp*
 - Leading teletherapy platform

- Individuals, couples, teens
- From \$80-\$90/week
- *ReGain*
 - Couples counseling
 - Offers 3-way calls for couples
 - From \$60-\$90/week
- *TeenCounseling*
 - Specialists to help teens flourish
 - Helps teens to learn coping skills
 - From \$60-\$90/week

Additional Resources:

- [+1 \(512\) 472- 4357](tel:+15124724357)
Travis County Crisis Hotline
- [+1 \(800\) 273-8255](tel:+18002738255)
National Suicide Prevention Lifeline
- [+1 \(800\) 799-7233](tel:+18007997233)
National Domestic Violence Hotline
- [+1 \(800\) 996-6228](tel:+18009966228)
Family Violence Helpline
- [+1 \(800\) 784-2433](tel:+18007842433)
National Hopeline Network
- [+1 \(800\) 366-8288](tel:+18003668288)
Self-Harm Hotline
- [+1 \(800\) 230-7526](tel:+18002307526)
Planned Parenthood Hotline
- [+1 \(800\) 222-1222](tel:+18002221222)
American Association of Poison Control Centers
- [+1 \(800\) 622-2255](tel:+18006222255)
Alcoholism & Drug Dependency Hope Line
- [+1 \(800\) 233-4357](tel:+18002334357)
National Crisis Line, Anorexia and Bulimia
- [+1 \(888\) 843-4564](tel:+18888434564)
GLBT Hotline
- [+1 \(866\) 488-7386](tel:+18664887386)
TREVOR Crisis Hotline
- [+1 \(800\) 221-7044](tel:+18002217044)

AIDS Crisis Line

- [+1 \(800\) 422-4453](tel:+18004224453)

The Childhelp National Child Abuse Hotline

- [+1 \(877\) 565-8860](tel:+18775658860)

The Trans Lifeline