

AUSTIN MENTAL HEALTH REFERRAL LIST

Online Counseling with National & Local Providers:

1. www.betterhelp.com

Austin Area In-Person Counseling/Remote Counseling:

1. **Deep Eddy Psychotherapy-**
 - a. **Contact:** 512-956-MIND (6463) to schedule
 - b. **Hours:** Mon-Fri 9am-5pm and some clinicians work nights and weekends
 - c. **Insurance options:** Each provider accepts different insurance plans. Rates start at \$145 per session. They do couples/family sessions starting at \$145. They have a large group of providers some accepting BCBS (PPO), Seton Ascension SmartHealth Plan, Whole Foods (WebTPA), Aetna, Humana, Sana
 - d. **Location:** 508 Deep Eddy Ave, Austin, TX 78703
2. **Julia Hoke- Child and family therapy.**
 - a. **Contact:** Call to schedule 512-200-3604 or email julia@drjuliahoke.com
 - b. **Hours:** Tue-Fri 9am-5pm
 - c. **Does not accept insurance.** Free initial consultation then \$250 first on first appt then \$200 for 50 min appts. She can provide a super bill so that patient can submit a claim to insurance.
 - d. **Location:** 4412 Burnet Road, Austin, TX 78756
3. **Just Mind:** <https://justmind.org>
 - a. **Contact:** 512-843-7665 or website to schedule
 - b. **Hours:** Mon-Sat 9am-8pm
 - c. **Insurance options:** Many providers here take Whole Foods Medical Wellness, Aetna, and Sana. They are no longer networked with BCBS. Without insurance, single sessions range from \$135-\$205 per session.
 - d. **Location:** 7004 Bee Caves Rd Bldg 3, Suite 200, Austin, TX 78746
4. **Christian based: The Timothy Center**
 - a. **Contact:** [Psychiatric Services Austin TX | The Timothy Center | Austin IOP](#) or 512-331-2700
 - b. **Hours:** Mon-Fri 9am-5pm but therapists' hours vary and some work weekends
 - c. **Insurance options:** They accept Cigna, Humana, BCBS, and United Healthcare (IOP Only).
 - d. **Location:** Three locations in Austin plus online. They serve children, teens, adults, couples, parenting, and families.
5. **Austin Child Guidance Center- therapy services, psychological services, psychiatric services, and a walk-in clinic for patients age 0-17 and their families/caregivers.**
 - a. **Contact:** [Austin Child Guidance Center](#) or 512-451-2242
 - b. **Hours:** Mon-Thu 9am-7pm and Fri 9am-5pm
 - c. **Insurance options:** They accept insurance but also will work a budget at the initial scheduling appointment for those in need of help with payments.
 - d. **Location:** 810 W 45th St Austin, TX 78751 or via tele-therapy.

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6. Austin Grief & Loss

- a. **Contact:** austingrief.org | [The Austin Center for Grief & Loss](#) 512-472-7878
- b. **Hours:** Varies by provider.
- c. **Insurance options:** They strive to help anyone in need of hope and healing, regardless of race, gender, sexual orientation, ability, and/or socioeconomic status. They offer a sliding scale fee structure for those in need and a Care Assistance Program.

7. University of Texas at Austin- Counseling is offered to students via the Counseling and Mental Health Center.

- a. **Contact:** Laura Dupuis at 512-475-6914. She has a tele health service that offers 9 free sessions.
<https://cmhc.utexas.edu>
- b. **Hours: Mon-Fri 8am-5pm**
- c. **UT crisis line: 512-471-2255**
- d. **Location:** Student Services Building, 5th floor