

LISD Resources for Mental Illness

[Warning signs of Mental Illness in Teens \(NIMH\)](#)

https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml#part_152582

[Signs and Risk Factors for Suicide \(NIMH\)](#)

https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_153177

[Anonymous Alerts](#) allows students, parents, and community members to send anonymous messages to a school counselor or administrator to alert them to concerns about a student.

Family Doctor - Most family doctors are a great resource for referrals to mental health providers.

National Alliance on Mental Illness (NAMI) Austin <http://www.namiauustin.org>

NAMI works to raise awareness and provide free education and support programs for people affected by mental illness and their loved ones. Click [here](#) for crisis resources.

National Suicide Prevention Lifeline <http://suicidepreventionlifeline.org>

Call 24/7 at [1-800-273-8255](tel:1-800-273-8255) (TALK)

The National Suicide Prevention Hotline number for individuals who are deaf, hard of hearing, and for those with speech disabilities who use a TTY 1-800-799-4TTY (4889).

The Suicide Safer Home App

Offers practical tips for concerned parents and adult family caregivers for keeping families suicide safer. Available for iPhone and Android.

Travis County

Austin Integral Care <http://www.integralcare.org>

- 24-Hour Crisis Line and Mobile Outreach Team: 512-472-HELP (4357)
- Intake Line: 512-472-HELP (4357)

Williamson County

Bluebonnet Trails Community Services <http://bbtrails.org>

- 24-Hour Crisis Line and Mobile Outreach Team: [1-800-841-1255](tel:1-800-841-1255)
- Intake Line: [1-844-309-6385](tel:1-844-309-6385)