

Resource Guide – Austin Area Support Groups

Name	Phone Number	Comments
Dual Disorders Recovery Achievers by C for R	Phone: 615-4483	4 week accelerated introduction to 12 steps for substance abuse & mental illness. www.cforr.org
Obsessive-Compulsive Disorder Support Group	SSCH (512) 324-2000 Jean (512) 292-9308	Support group for persons with obsessive-compulsive disorder.
Depression & Bipolar Alliance Support Group	Bibby (512) 589-2404 John (512) 652-393 Robbye (512) 244-0283 Amy (512) 689-5235	DBSA is open to anyone who is diagnosed with a mood disorder, has a family member or friend who is diagnosed, or who thinks they might have depression or bipolar disorder.
Recovery Inc. Support Group.	Phone: (512) 233-0650	Organization that uses system of cognitive/behavioral techniques to help manage nervous symptoms and fears. www.recovery-inc.com
Samaritan Counseling Center	Phone: (512) 451-7337	Low cost Counseling & Education services. HOPE for HEROES-Free for veterans. www.samaritan-center.org
Schizophrenics Anonymous	SSCH: (512) 324-2000	Support group for persons with schizophrenia.
Austin Area Mental Health Consumers/SHAC	Phone: (512) 442-3366	Support groups for consumers who live with mental illnesses. Contact for listing of classes. www.austinmhc.org
Positive Family Coaching Program	Linda: (512) 346-3123 Ed: (512) 497-2913	Parenting strategies for parents of children with Bio-Behavioral Disorders.
Austin Council on Adoptable Children	Phone: (512) 454-4611	Support group for parents and for teens to discuss issues regarding adoption. www.Austin-COAC.org
Asperger's Group	Henry: (512) 789-1303	Support group for adults with asperger's
The Austin Asperger's Syndrome Meetup Group		Support for children, teens &, adults with asperger's as well as family and friends. asperger.meetup.com/230/
Anorexics & Bulimics Anonymous	Rita: (512) 837-0569 Erin: (512) 415-5182	12 step program for persons with anorexia or bulimia.

Heart of Recovery Overeaters Anonymous	Phone: (512) 328-2702	12-step program for persons who over-eat www.heartoftexas.org
Family Connections	Mary: (512) 478-5725 ext 215	Parenting classes for caregivers of young children. www.Familyconnectionsonline.org
Palmer Drug Abuse Program	Phone: (512) 927-0422	Support group for teens, young adults and parents. www.pdapaustin.org
Not My Child	Marsha: (512) 657-6572	Education program about alcohol and drug use abuse for parents and adolescents. www.SOBERAUSTIN.com
Gateway to Recovery	Carmen: (512) 697-8528 (512) 697-8600	2 part Education class about alcohol & drug use. Program on addiction & recovery www.austinrecovery.org
Center for Students in Recovery	Phone: (512) 475-8352	Support for students who are in recovery from addiction or are ACOA. www.healthyhorns.utexas.edu/crs
Alcoholics Anonymous	Phone: (512) 444-0071	12 step program for alcohol abuse. Numerous Daily Meetings & locations vary
Narcotics Anonymous	Phone: (512) 480-0004	12 step program for substance abuse Numerous Daily Meetings & locations vary. www.ctana.org
Al-Anon		12 step support group of family or friends of person dealing with any addiction. www.Austinalanon.org www.hilltoppers-afg.org
Al-Anon for Parents	Phone: (512) 441-8591	12 step support group for parents of children dealing with any addiction www.Austinalanon.org www.hilltoppers-afg.org