



Counseling

lifeworks

PLEASE
COUNSELING

**LifeWorks is a fearless
advocate for youth and
families seeking their
path to self-sufficiency.**



Counseling

The LifeWorks Counseling Division provides trauma-informed support for individuals and families who are struggling with issues such as family conflict, abuse, anxiety, depression, and coping with the stress of everyday life. LifeWorks is one of the largest providers of affordable/free mental health services in our community. Services are available in English

YOUTH AND ADULT COUNSELING

Our counseling team is ready to help you identify the challenges in your life and provide guidance to live more fully. Our purpose is to assist individuals of all ages to improve and utilize their existing strengths and coping skills. We also work to create effective solutions for issues ranging from everyday stress to family crisis or trauma.

Services are available for all ages.

Services To At-Risk Youth (STAR) prevention services focus on youth under 18 years of age and their family members with a primary presenting problem such as family conflict, truancy, runaway, or delinquent behavior. Support with transportation to services and basic needs may be available for STAR clients. Certain restrictions apply.

Trauma informed services for transition-age youth.

Community-Based Services serves transition-age youth who have experienced traumatic life events, frequently exacerbated by involvement in the foster care or criminal justice systems, homelessness, growing up in extreme poverty, or coming from a military family.

COMMUNITY-BASED SERVICES

An integrated care approach to serving transition-age youth, ages 16- 26, through peer support, counseling and psychiatric services. Peer Support Specialists provide outreach, ongoing support and linkage to Community-Based Counselors to address any mental health needs. The “lived experience” of our Peer Support Specialists fosters connection with the youth and instills hope for a brighter future. Both Peer Support and Counseling services are provided at convenient locations such as home, school, community centers, etc. By offering these services in the community, LifeWorks strives to remove or reduce barriers to services for those healing from trauma and recovering from mental health or substance use challenges. Our psychiatric services are delivered in a trauma-informed manner, empowering youth to take an active and informed lead in their own care.

RESOLUTION COUNSELING

Our team of professionals assists adults to create and rebuild safe, non-violent, healthy relationships through a strengths-based, collaborative and compassionate approach. We believe that clients have the capacity to grow and change. We offer group participants the opportunity to learn how to take responsibility for their actions and examine how they can learn to build trust, equality and support into their relationships. We guide participants toward resolving conflict in respectful ways to create a healthy future for themselves and those close to them.

Services are available for those ages 18 and older.

Call us if you would like assistance in exploring better ways to create a healthy relationship. Reasons include having a history of domestic violence or recognizing signs in oneself of using violence in an intimate relationship. The program is accredited by the Texas Department of Criminal Justice Community Justice Assistance Division.



Enrollment

YOUTH AND ADULT COUNSELING

Accepts several health insurance carriers including Medicaid and CHIP. Fees are based on the client's ability to pay (sliding scale). Services are free for STAR-eligible youth and their families.

RESOLUTION COUNSELING

Fees are based on the client's ability to pay (sliding scale).

COMMUNITY-BASED PEER SUPPORT AND COUNSELING

For those eligible, peer and counseling services are free of charge (funded by SAMHSA). Medicaid, CHIP, and private insurance accepted for psychiatric services, or assessed on a sliding fee scale.

Funding provided by St. David's Foundation, United Way, City of Austin, Travis County, and individual contributions.

Services are available to everyone in the Travis County community and its surrounding area.

We are open Monday through Saturday. Call today for your personal consultation.

LOCATIONS

- 1 East Location**
835 North Pleasant Valley Road
Austin, TX 78702
Phone: (512) 735-2100

- 2 South Location**
3700 South 1st Street
Austin, TX 78704
Phone: (512) 735-2400

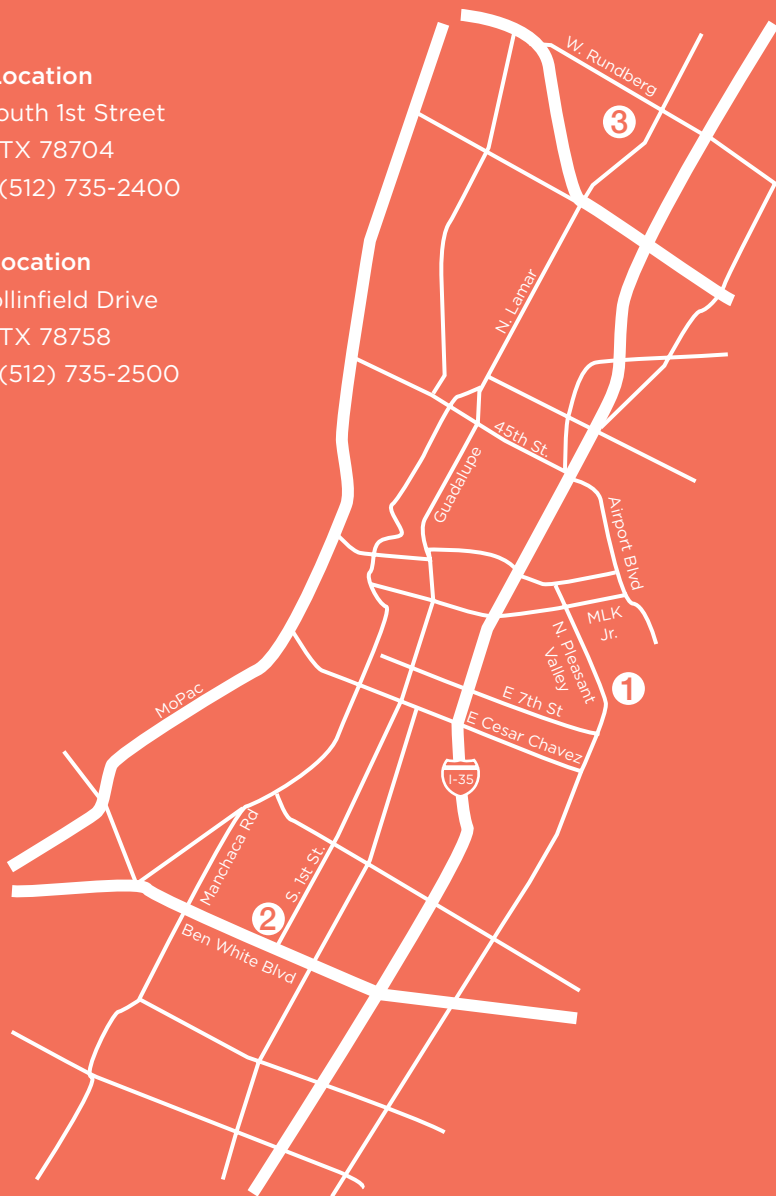
- 3 North Location**
8913 Collinfield Drive
Austin, TX 78758
Phone: (512) 735-2500

Hours of Operation

Monday-Thursday: 8:30 am - 8:00 pm

Friday: 8:30 am - 5:00 pm

Saturday: 9:00 am - 1:00 pm



www.lifeworksaustin.org

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