

Restore

ONLINE RESOURCES



In these challenging times, many are struggling with addiction, recovery, divorce, finances, stress, anxiety, grief, and loss. We have compiled a list of resources that we hope will help you personally, as well as supporting the mental, emotional, and spiritual health of those around you.

QUICK LINKS

[Marriage Resources](#)

[Support Topics](#)

[Abuse Care](#)

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[Mental & Emotional Health](#)

[Financial, Job, and Income Assistance](#)

[Spiritual Care](#)

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[Counseling Resources](#)

MARRIAGE RESOURCES

Communication Tools for Conflict

- [Thrive Marriage Small Group](#)
- [Communication Articles from Focus on the Family](#)
- [Communication Articles from Family Life](#)
- [Marriage Problems](#)
- [When Talking Doesn't Come Easy](#)
- [The Husband and Father's Role](#)
- [Getting Along While Staying At Home](#)
- [Quarantined Together](#)
- [Staying Married](#)

Finances

- [Money & Finances](#)
- [Dave Ramsey Resources](#)
- [Marriage Challenges: Finances](#)

Infidelity

- [Surviving Infidelity](#)

SUPPORT TOPICS

Divorce

- Divorce Care - [Daily Encouragement Email](#)
- Just Between Us - [Dealing with Separation or Divorce](#)

Grief

- Grief Share - [Daily Encouragement Email](#)
- Family Life Today - [Losing a Spouse](#)
- Interim Healthcare - [Grieving for the Loss of a Loved One](#)
- Grief.com - [Grief and Loss](#)

Blended Families

- Family Life Today - [Support for Blended Families](#)

Boundaries and Safe People

- Boundaries.me - [Support App](#)

ABUSE CARE: SEXUAL, PHYSICAL & EMOTIONAL

Safe Austin

The SAFE Alliance exists to stop abuse for everyone by serving the survivors of child abuse, sexual assault and exploitation, and domestic violence.

- Domestic Violence Hotline: 512-267-7233
- [Sexual Assault Victim Advocacy](#)
- [Counseling](#)
- [Identifying Abuse](#)

Hope Alliance

Hope Alliance provides Emergency Shelter, Counseling, Legal Advocacy, Case Management, and Preventative Education to help victims of domestic and sexual violence on their journeys to violence-free lives.

- Domestic Violence Hotline: 1-800-460-7233
- [Emergency Shelter](#)
- [Counseling](#)
- [Case Management](#)

Texas Council on Family Violence

Find information, resources, and help for victims of family violence. This includes 24-hour support, safety planning resources, utility waivers, and more.

- Assistance Line: 1-800-525-1978
- [Help for Survivors](#)

National Domestic Violence Hotline

Our highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

- Hotline Phone Number: 1-800-799-7233
- [What is Domestic Violence?](#)
- [Creating a Safety Plan](#)
- [Tech & Social Media Safety](#)

Gateway Church Resources

Sometimes our lives and spiritual growth can become derailed by circumstances and choices — ours or someone else's. If you'd like to sit down with someone in a private setting to talk about what's going on in your life, determine next steps and come up with a "plan of action," then 1 to 1 is for you.

- [1 to 1 \(Peer Care\) Intake Form](#)

Additional Articles

- [Home Is Not A Safe Place For Everyone](#)

FOOD PANTRIES

- Gateway Community Church - [Get food](#)
- Central Texas Food Bank - [Find a Distribution Location Near You](#)
- Caritas of Austin - [Food Distribution](#)
- FoodPantries.org - [Food Banks In And Around Austin](#)

MENTAL & EMOTIONAL HEALTH

Depression

- Focus on the Family - [Depression in the Christian Family](#)
- Arizona Christian Counseling - [Depression](#)
- [\(Book\) - Spiritual Depression: Its Causes and Its Cure](#)
- [\(Book\) - Depression: Looking Up from the Stubborn Darkness](#)

Anxiety and Stress

- Rocks Springs Hospital - [How to Deal With Anxiety](#)
- Soul Shepherding - [Anxiety Antidotes](#)
- Max Lucado - [The Unspoken Source of Anxiety](#)

Emotional Healthiness

- Kay Warren - [The Emotional Wellness Worksheet](#)

Suicide Prevention

- National Suicide Prevention Lifeline
 - English: 1-800-273-8255
 - Spanish: 1-888-628-9454

Mental Health Support

National Association for Mental Illness - Central Texas (NAMI)

Support for people living with a mental health condition and family members and caregivers in Texas.

- [Join a Support Group](#)

Austin Travis County Integral Care

Integral Care work with adults and children living with mental illness, substance use disorder, and intellectual and developmental disabilities in Travis County.

- Help Line: 512-472-4357
- [Website](#)

Bluebonnet Trails Community Services

Services provided to adults with serious mental illness, to children and adolescents with serious mental illness or emotional disorders, autism or pervasive developmental disorders, to persons with developmental disabilities, and to infants and toddlers. For Williamson County.

- Crisis Hotline: 1-800-841-1255
- [Website](#)

Veterans Crisis Line

Connecting Veterans with caring, qualified responders with the Dept. of Veterans Affairs

- Crisis Line 1-800-273-8255
- [Website](#)

Hospital Inpatient Care

Rock Springs (Georgetown)

Offering integrated treatment programs: Inpatient, outpatient, mental health, and addiction.

- 512-677-7170
- [Website](#)

Austin Lakes Hospital

Austin Lakes Hospital provides inpatient and outpatient psychiatric treatment for adults and senior adults in the Greater Austin, Texas, area.

- 512-544-5253
- [Website](#)

Austin Oaks Hospital

Austin Oaks Hospital offers a continuum of psychiatric services for children and adolescents, ages 4-17, and for adults, age 18 and older.

- (512) 440-4800
- [Website](#)

FINANCIAL, JOB, AND INCOME ASSISTANCE

Financial Education

- Dave Ramsey Resources - [Financial Peace University](#)
- Focus on the Family - [Family Finance Help](#)
- Family Life Today - [Tools for Finances](#)

Jobs

- Statesman - [Austin-Area Companies that Are Hiring](#)
- WorkForce Solutions - [Assistance for Those Seeking Employment](#)
- Community Not Commodity - [Job and Income Assistance](#)

Income Assistance

- Sweet Relief Musicians Fund - [Support for Those In The Music Industry](#)
- Musicians Foundation - [Funds for Out-of-Work Musicians](#)
- Red River Cultural District - [Banding Together ATX](#)

SPIRITUAL CARE

- Soul Shepherding - [Encouraging Bible Verses](#)
- Soul Shepherding - [With Jesus in the Storm](#)
- Christianity Today - [Our Moment and Mission as Christians](#)
- Wheaton College - [Caring for Others](#)
- Freedom in Christ - [Free 3-Month Growth Course](#)
- Max Lucado - [Our Sovereign God](#)
- Explore God - [Have Questions? Explore Here](#)

RECOVERY & ADDICTION SUPPORT

Recovery Stories

- Regeneration - [Recovery Stories](#)
- Big Valley Grace Community Church - [Recovery Stories Podcast](#)

Recovery Teaching and Support

- Regeneration - [12 Steps Overview](#)
- Regeneration - [12 Steps Topics](#)
- Demio - [Overcoming Addictions Webinar](#)

Sexual Addiction

- Affair Recovery Austin - [Questions About and Healing From Sexual Addiction](#)

AA

- [Spiritual Tool Kit](#)

Definitions

- Sober Austin - [What Is Addiction](#)
- Sober Austin - [What is Recovery from Addiction?](#)

Rehab Centers

- ***Infinite Recovery***

Drug and Alcohol Rehab & Treatment Center. Residential treatment, intensive outpatient, and sober living. Support and help for family members as well.

- Phone: 844-206-9063
- [Website](#)

- ***La Hacienda's Solutions***

Providing intensive outpatient alcohol and other drug addiction treatment services for adults and their family members.

- Phone: 512 835-1994
- [Website](#)

Sober Living

- ***Sober Austin***

A sober living house or transitional living is a sober residence for those who have a minimum of 30 days of sobriety and ideally have completed treatment at a residential treatment center or outpatient rehab program.

- [Website](#)

Rehab and Mental Health Locator

- [Substance Abuse and Mental Health Services Administration](#)

COUNSELING RESOURCES

Counselors in the Austin Area

- Christian Counselors of Texas Association - [Directory by Zip Code](#)
- Gateway Church - [Referral List](#)