

COMMUNITY RESOURCES

SHALOM AUSTIN JEWISH FAMILY SERVICE

Suicide Prevention and Intervention Resources

National Suicide Prevention Lifeline
(NSPL) (24/7) - 988

Zoom AA meeting

Our Jewish Recovery

Crisis Text Line (24/7) - Text TX to 741741

Trevor Project (LGBTQ young people)
(24/7) - 866-488-7386; text START to 678678
or chat online at [TheTrevorProject.org/get-help-now](https://www.thetrevorproject.org/get-help-now)

Veterans Crisis Line (24/7)
800-273-TALK (8255) and press 1

Texas Youth Helpline (24/7)
800-989-6884

Texas 2-1-1 and press 8

Texas Health and Human Services - List of Mental Health Crisis Services LMHA Mental Health Crisis Numbers for the state of Texas

Central Texas Resources for the Transgender Community

Metropolitan Community Churches is a network of over 200 Christian churches and spiritual organizations around the world dedicated to social justice issues with a focus on LGBTQIA outreach and support. This site is their Central Texas resource hub. Follow the link to find a list of different contacts for legal support, emotional support, and more.

OutYouth is a local Central Texas non-profit that provides programs and services to LGBTQIA youth and their allies. These include individual and group therapy, drop-in groups, the Texas GSA network, community resource lists, etc.

Texas Trans Kids is the result of a collaboration between Lambda Legal, Equality Texas, TENT, and the ACLU of Texas. It is a resource hub for Texas K-12 students who are transgender, non-binary, or genderqueer.

The Transgender Education Network of Texas (TENT) is an organization that uses advocacy and education to promote equality for people of all genders in the state of Texas.

The Trans Lifeline is a hotline and non-profit organization run by the trans community offering emotional and financial support to trans people in crisis.

TransFORWARD is a collaboration between the Texas Health Institute and Equality Texas that strives to improve transgender lives through transgender-focused research across 254 counties.



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Parent & Family Resources

With the recent events in Austin and around the world, we are providing some resources for families regarding talking with children about antisemitism and other violent/traumatic events.

ADL Southwest

[Empowering Young People in the Aftermath of Hate \(In English and en Español\) What Educators and Family Members Can Do](#)

[Gun Violence and Mass Shootings Table Talk: Family Conversations About Current Events](#)

[Extreme Measures: How to Help Young People Counter Extremist Recruitment A Toolkit for Educators, Parents and Families](#)

[Resources on Bullying and Cyberbullying](#)

National Child Traumatic Stress Network:

Talking to Children about Hate Crimes and Anti-Semitism

Common Sense Media: [Explaining the News to Our Kids](#) and [How to Talk to Kids about Difficult Subjects](#)

PJ Library: [How to Talk to Kids about Anti-Semitism](#) and [Resources to Help Parents and Kids Talk About Scary Situations](#)

Sesame Street Workshop: Talking with children about traumatic experiences

The Jewish Education Project: Shine a Light on Antisemitism



YWCA Now Offering Non-Crisis Phone Calls

If you have felt out of sorts, confused, preoccupied, extra stressed, scared, lonely, anxious, isolated, or just feel like talking with someone about the challenges you are facing, please call our Warmline. Our caring trained team offers non-judgmental and confidential support. No need to go through this alone, we are here for you! YWCA is now offering a non-crisis Warmline for those who might need a little extra support. Individuals can reach out to have 15-20 minute calls to receive some emotional support and validation. Calls are returned typically within one business day.

Hebrew Free Loan of Austin (HFLA)

Hebrew Free Loan assists individuals in the Austin, Texas Jewish Community who are in need with zero interest loans in various areas, including mental health, disability and inclusion. We help people become, and remain, self-sufficient.

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