

Your Health, Your Way

Connecting you to local health, food, housing and community support.



2026



A Health and Wellness Resource Guide for:
Bastrop, Caldwell, Hays, Travis and Williamson Counties.



How to use this guide

The resources in this guide are for reference only. If you are experiencing a medical emergency, call 9-1-1. This guide contains links to other sites. All information provided is believed to be accurate and reliable; the City of Austin assumes no responsibility for errors or the use of this information.

This resource guide was created by Austin/Travis County Fast-Track Cities and the Austin Area HIV Planning Council to better support the needs of all community members, including those living with HIV.

We have linked directly to websites where possible – if you are viewing this guide on an electronic device, click each link to access websites. When possible, search online for the most up-to-date information. Many organizations have social media profiles where they regularly post about their services.

If you are using a printed copy of this guide and would like access to the electronic version, please scan the QR code below, or visit austintexas.gov/department/austin-travis-county-fast-track-cities on the Austin Public Health website.



If you find something in this guide that should be updated or would like to suggest an addition, please email austinfhc@austintexas.gov.

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About HIV

Key Points

- Human immunodeficiency virus (HIV) attacks the body's immune system.
- The only way to know if you have HIV is to get tested.
- There are many ways to prevent HIV, like using pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP), condoms and **NEVER** sharing needles.
- HIV treatment helps people live long, healthy lives and prevents transmission.
- With treatment, your HIV can be undetectable (it won't show up on tests because the viral load will be too small) and untransmittable (you won't pass the virus to others).

What's the difference between HIV and AIDS?

HIV

- Human immunodeficiency virus.
- Transmitted through certain body fluids.
- If untreated, can lead to AIDS.

AIDS

- Acquired immunodeficiency syndrome.
- Makes body vulnerable to other types of infections.
- Treatment can still be effective.

Knowing your status is the best way to stay healthy and the only way to know your status is to get tested regularly.

How is HIV transmitted?

Most people get HIV through anal or vaginal sex, or sharing needles, syringes, or other drug injection equipment. Only certain body fluids can transmit HIV. These fluids include:

- blood,
- semen (cum)
- pre-seminal fluid (pre-cum)
- rectal fluids
- vaginal fluids
- breast milk

These fluids must come in contact with a mucous membrane (such as the vagina, anus, mouth) or damaged tissue or be directly injected into the bloodstream (from a needle or syringe) for transmission to occur. There are powerful tools that can help prevent HIV transmission.

PreP: Pre-exposure prophylaxis

- PrEP is medicine that greatly reduces your chance of getting HIV from sex or injection drug use.
- PrEP is for people without HIV who may be exposed to HIV through sex or injection drug use.
- Most insurance plans and state Medicaid programs cover PrEP.

PEP: Post-exposure prophylaxis*

- PEP is medicine that prevents HIV after a possible exposure.
- PEP is for emergency situations only.
- PEP must be started within 72 hours (3 days) after exposure.

*PEP is not the right choice for people who may be exposed to HIV frequently and is not a substitute for regular use of other HIV prevention methods like using condoms with sex partners and safe injection practices.

See links below for more information:

[About HIV and AIDS – Ending the HIV Epidemic](#)

[Where To Get Tested | AustinTexas.gov](#)



Link to HIV Care

The organizations below offer HIV care or can link you to HIV care, including assistance accessing HIV treatment and support services. When in doubt, reach out to the Austin Public Health Rebekah Baines Johnson (RBJ) Clinic for assistance.

<p><u>AIDS Healthcare Foundation (AHF)</u> 512-640-1111</p>	<p><u>Austin Public Health</u> Rebekah Baines Johnson (RBJ) Clinic – The RBJ Clinic will connect you with a community partner for continued HIV care. 15 Waller Street, Austin, TX 78702 512-972-5430</p>
<p><u>ASHwell</u> 512-900-3116</p>	<p><u>CommUnityCare/David Powell Clinic</u> 512-978-9100</p>
<p><u>Kind Clinic</u> 833-937-5463</p>	<p><u>NS3 Health</u> 512-351-6053</p>
<p><u>Vivent Health</u> 512-458-2437</p>	

Peer Support Groups

Peer Support Group	Description
<p>Allure Alliance <u>Queen Talk</u></p>	<p>A powerful, in-person experience curated by Allure Alliance for community members ready to connect, reflect, and thrive. This safe, affirming space invites you to speak your truth, share your wisdom and tap into a collective community building rooted in healing, joy and empowerment.</p>
<p>ASHwell</p>	<p>In-person support group meets every Wednesday from 5-7 p.m. *Working on a Spanish support group.</p>
<p><u>Austin Galano Club</u></p>	<p>A non-profit formed to serve the recovering community of Austin and surrounding areas, specifically for the lesbian, gay, bi-sexual, transgender community, their allies, and serving all 12-Step based programs and related activities. The club is focused on providing a facility and operational support for the meeting spaces for such groups, as well as providing social, community education, and service opportunities to the group members served.</p>
<p><u>Black Mamas ATX</u> Sister Circle</p>	<p>Black Mamas ATX’s Sister Circle Community is a virtual and in-person place for sharing space, having fun, moving joyfully and building community. The Sister Circle Community is for:</p> <ul style="list-style-type: none"> • Black mothers and birth givers during their perinatal period • Black women and community members who hope to give birth in the future • Black women and community members who want to be a support to Black mothers and birth givers



Peer Support Group	Description
The Q Austin/Vivent Health Core Group	Bi-weekly peer social support group that provides a space for queer advocates to plan activities and outings and connect with community members. Held in-person from 6:30 - 8:30 p.m. Call 737-733-2822 for details.
Kind Clinic/Waterloo Counseling Positive Connections	Tuesdays 6:30 - 8:30 p.m. virtually on Zoom. Reach out to Kind Clinic staff for details and access to the Zoom link. 833-937-5463
Out Youth <u>Support Groups – Out Youth</u>	Youth peer support group, ages 12 - 18 <u>Peer Support Group: Free Counseling for LGBTQIA+ Teens – Out Youth</u> <u>Caregiver Support Groups – Out Youth</u> Our Caregiver Support Group was created for caregivers of trans, non-binary and questioning youth (ages 5 - 18) to get support from their peers and our Youth and Family Services team. Each round of our Caregiver Support Group lasts six weeks and meets weekly.
PFLAG <u>PFLAG</u> (formerly “Parents and Friends of Lesbians and Gays,” now only goes by PFLAG) <u>Instagram</u> <u>Facebook</u> <u>pflaggtx@gmail.com</u>	<u>PFLAG Austin: Meetings – PFLAG Austin</u> Date: 1st Thursday of every month Time: Arrive at 6:45 p.m. for a 7 p.m. start; discussion ends at 8:30 p.m. Everybody is welcome to stay after the meeting to socialize. Location: First Unitarian Universalist Church of Austin 4700 Grover Ave, Austin, TX 78756. <u>PFLGA Georgetown:</u> Join us on the third Thursday of each month at 7:30 p.m. for fellowship, sharing, acceptance, and fun. To learn more about our organization and the location of our meetings, email <u>info@pflaggtx.org</u> . <u>PFLAG Bastrop:</u> 1st Tuesday of every month Calvary Episcopal Church Parish Hall 1028 Main Street, Bastrop, TX 78602
<u>Positive People</u>	Positive People is an invite-only networking and advocacy app that champions social connection, reduces stigma and empowers the community. Our mission is to create a space where individuals can connect, share experiences and receive mutual support while advocating for positive change.
Positive Women’s Network Sister Circle <u>Facebook</u>	Virtual support group that meets every other Thursday, 8 p.m. ET (registration available online).
<u>Queer Black Women Alliance</u>	Queer Black Women Alliance is a non-profit organization whose purpose is to provide a safe space for building healthy friendships and community through social gatherings and outreach. We encourage overall wellness through mental health awareness and support queer Black women in pursuing entrepreneurship and higher education. Call 737-471- 9547 or email <u>queerblackwomenalliance@gmail.com</u> .
<u>Rainbow Connections ATX</u>	Socialization and community events for older adults.



<p>Texas Black Women's Health Initiative Sistas Connect</p>	<p>Monthly support group for women living with HIV. Email for more details at iamfk23@gmail.com</p>
<p>Vivent Health</p>	<p>Vivent has multiple support groups for PLHIV. Please call for more details at 512-458-2437.</p> <p>Golden Survivors – Support group for PLHIV ages 55+. Lotus Within – Support group for female and female-identifying PLHIV. Avanzamos Juntos – Support group for Spanish-speaking PLHIV. Inclusive Recovery – Support group for PLHIV in recovery from substance use.</p>
<p><u>Waterloo Counseling</u> Trans Femme Therapy Group Trans Masc. Therapy Group</p>	<p>As peer-led groups are volunteer led, there is no charge to attend these recurring events. Peer-led groups are not a clinical therapy service. Peer groups are listed on Eventbrite, open to the public and do not require enrollment with Waterloo or Texas Health Action.</p>



Resource Matrix

Organization	Primary Care/ Family Medicine	Women's Health/ OBGYN	Dental	Pediatrics	Sexual Health	HIV Care	Behavior/ Mental Health	Gender Affirming Care	Walk-in/ Same-day Appt.	Mobile Van
AIDS Healthcare Foundation					X	X				X
Austin Public Health RBJ Clinic					X				X	X
Austin Regional Clinic	X	X		X	X	X	X		X	
Baylor Scott & White	X	X		X	X	X	X		X	
Black Men's Health Clinic	X				X					
Center for Health Empowerment					X					
Central Health	X	X	X	X	X		X		X	X
Clinica Hispana	X	X		X	X					
CommUnity Care	X	X	X	X	X	X	X	X	X	X
Crane Center								X		
UT Health Austin Clinics	X	X			X		X		X	
Kind Clinic - Texas Health Action					X	X	X (Waterloo Counseling Center)	X	X	
Lone Star Circle of Care	X	X	X	X	X		X		X	
NS3 Health					X	X				
People's Community Clinic	X	X	X	X	X		X			



Organization	Primary Care/ Family Medicine	Women's Health/ OBGYN	Dental	Pediatrics	Sexual Health	HIV Care	Behavior/ Mental Health	Gender Affirming Care	Walk-in/ Same-day Appt.	Mobile Van
Planned Parenthood		X			X			X	X	
Red River Family Practice	X	X			X	X	X			
Seton - Ascension/ Dell	X	X		X	X		X			
St. David's	X	X		X	X				X	
Total Men's Primary Care	X				X		X		X	
Vivent Health	X		X		X	X	X			



Quick Resources

For emergencies dial 9-1-1

Austin 3-1-1

Dial 3-1-1 or 512-974-2000

When you dial 3-1-1, your call is answered by a friendly and knowledgeable City of Austin ambassador. Our ambassadors are always ready to answer any questions or assist with any issues you may have regarding City of Austin departments or services, 24 hours a day, 7 days a week, 365 days a year.

austin311@austintexas.gov

[311 | AustinTexas.gov](https://www.austintexas.gov/311)

2-1-1 Texas

2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. We are committed to helping Texas citizens connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs.

No matter where you live in Texas, you can dial 2-1-1, or 877-541-7905, and find information about resources in your local community. Whether you need help finding food or housing, childcare, crisis counseling or substance abuse treatment, three numbers are all you need to know.

[2-1-1 Texas | Texas Health and Human Services Commission](https://www.211texas.org/)

Neighborhood Services for Austin/Travis County

Neighborhood Centers

- If you need assistance such as food, clothing, formula, or diapers, please call your local neighborhood center.
- Food distribution and health screenings calendar added to the Neighborhood Center website each month.
- Limited funds for Rent and Austin Energy assistance. Call 512-972-5780.

Blackland Neighborhood Center - Central East Austin

2005 Salina Street, Austin, TX 78722
512-972-5790

Montopolis Community Center - Southeast Austin

1200 Montopolis Drive, Austin, TX 78741
512-972-6705

Dove Springs Neighborhood Center - Southeast Austin

5811 Palo Blanco Lane, Austin, TX 78744
512-972-6699

St. John Community Center - Northeast Austin

7500 Blessing Avenue, Austin, TX 78752
512-972-5159

East Austin Neighborhood Center - East Austin

211 Comal Street, Austin, TX 78702
512-972-6650

City of Austin Equity-Line

512-972-5560

Monday through Friday, 8 a.m. – 6 p.m.

The Equity-line assists residents by providing information and guidance in over 200 languages, helping them navigate questions or issues related to City of Austin departments or services. We aim to ensure all residents have the opportunity to reach their full health potential regardless of race, ethnicity, gender, age, sexual orientation, immigration status or income level.



Austin/Travis County

Aging Services

[Austin Senior Services Hub | AustinTexas.gov](#)

The Austin Senior Services Hub provides access to essential resources for Austin seniors, including affordable senior healthcare, home repair assistance, food pantry services, reliable senior transportation, and engaging senior living activities.

Family Eldercare
[Other - Family Eldercare](#)

Rainbow Connections ATX
[Rainbow Connections ATX Home Page](#)

Condom Distribution Location(s)

Austin Public Health
[Free Condom Delivery | AustinTexas.gov](#)

[Texas Wears Condoms](#)
Free condoms and at-home HIV test kits.

Vivent Health
104 E Highland Mall Blvd, Austin, TX 78752-3716
[Texas - Vivent Health Online Depot](#)
512-458-2437
Free condoms, lubricants and HIV test kits available to residents of Austin, TX.

CommUnityCare [IDEALhealth Program - CommunityCare](#)

Sandra Joy Anderson Health & Wellness Center
1705 E 11th St
Austin, TX 78702
***All CommUnityCare locations offer free condoms**

[Kind Clinic](#)
833-937-5463
101 W Koenig Lane, Ste 100,
Austin, TX 78751
2800 S IH 35 Frontage Rd #103
Fountain Plaza III
Austin, TX 78704
***All Kind Clinic locations offer free condoms**

Employment/Education

City of Austin Employment Opportunities
[Apply for a City of Austin job | AustinTexas.gov](#)

Texas Workforce Commission
[Texas Workforce Commission - Home Page](#)

City of Bastrop Employment Opportunities
[City of Bastrop - Jobs](#)

Bastrop County Job Opportunities
[Bastrop County Texas](#)

Hays County Employment Opportunities
[Hays County Govt | Municipal Services](#)

Caldwell County Employment Opportunities
[Job Openings - Caldwell County, TX](#)

Williamson County Employment Opportunities
[Job Opportunities | Sorted by Job Title ascending](#)

Goodwill Career & Technical Academy
[home - The Goodwill Career & Technical Academy](#)



Austin Urban Area League Home - Austin Area Urban League	Peak Performers Nonprofit Staffing Agency Peak Performers
Austin Public Library Austin Public Library Austin Public Library	Launch Pad Job Club Launch Pad Job Club Job Search Training
Capital Idea Career Directory Capital IDEA	Scholarships.com - Scholarships for PLHIV HIV Positive Scholarships - Scholarships.com

Food Pantry & Food Assistance

Get help at Neighborhood Centers AustinTexas.gov Scroll down to the monthly calendar for food assistance and neighborhood events.	Meals on Wheels of Central Texas Greater Austin Senior Assistance and Prepared Meal Delivery Services Meals on Wheels Central Texas
Fresh Foods for Families Austin Get Help Central Texas Food Bank Fresh Foods For Families (FFFF) – The Neighborhood Centers in collaboration with the Central Texas Food Bank holds Fresh Food for Families events that provide free monthly distributions of fruits, vegetables and other fresh foods to low-income families. These distributions supplement existing grocery budgets with much-needed nutritious foods. The events are walk-thru or drive-thru.	ATX Free Fridge Project home Atx Free Fridge Proj instagram & facebook: @atxfreefridge email: atxfreefridge@gmail.com All of the ATX Free Fridges are located outdoors, 100% free & open to the community 24/7, No sign-up or permissions required. <ul style="list-style-type: none"> • Dittmar Fridge - 618 W Dittmar Rd, Austin, TX 78745 • Brentwood Fridge - 1601 W Koenig Ln, Austin, TX 78756 • Dove Springs Fridge - 6710 Ripple Run, Austin, TX 78744 • West Campus Fridge - 2000 Pearl St, Austin, TX 78705 (Behind Pearl St. Co-op.) • Red Bud Fridge - 2027 Anchor Ln, Austin, TX 78723 • Nixta Taqueria Fridge - 2512 E 12th St, Austin, TX 78702
Mobile Loaves & Fishes Serving Our Homeless Brothers and Sisters	Central Texas Food Bank The Central Texas Food Bank is the largest hunger-relief charity in Central Texas.
Trinity Center (Soup Kitchen) 304 E. 7 th St, Austin, TX 78701 SUNDAY 3:30 p.m. Meal served WEEKDAYS 9 a.m. - 9:30 a.m. Breakfast 9 a.m. - 1p.m. Open for services	Austin Baptist Chapel 908 E Cesar Chavez, Austin, TX 78702 Breakfast: 9:30 a.m. - 10 a.m. Lunch: 11:00 a.m. - 12:30 p.m.
Hope Food Pantry 4001 Speedway, Austin, TX 78751 Thursday: 9:00 am-10:30 am Friday: 9:00 am-10:30 am	St. Ignatius Martyr Food Pantry 2303 Euclid Ave., Austin, TX 78704 Monday - Wednesday 9 a.m. - 1 p.m.



Harm Reduction

Texas Harm Reduction Alliance - THRA works on the ground with people across the spectrum of drug use to end the War on Drugs and its harms with nonjudgmental and radical harm reduction services, advocacy, education and training.

[THRA | Twitter, Instagram, Facebook | Linktree](#)

[Texas Harm Reduction Alliance](#)

1803 E Cesar Chavez St
Austin, Texas 78702

Monday - Thursday
11:30 a.m. - 2:30 p.m.
512-893-3237

THRA Drop-in Center

512-585 -7145

Texas Harm Reduction Alliance's Drop-In Center is home to our harm reduction services like safer use supplies, peer support, and linkage to medication-assisted treatment. It is also a safe space for people who use drugs to find a non-judgmental community and care with access to showers, A/C and heat for the day. Additionally, community partners use our space to provide legal aid, food, street medic care, HIV testing and housing navigation.

Narcan vending machines

[NICE Project](#)

[niceprojectatx | Instagram, Facebook | Linktree](#)

- **Sunrise:** 4430 Menchaca Rd., Austin, TX 78745
- **Sahara:** 1413 Webberville Rd., Austin, TX 78721
- **Terrazas Branch Library:** 1105 E Cesar Chavez St, Austin, TX 78702
- **Rio Market:** 620 W 29th St., Austin, TX 78705

LifePoint (Vivent Health)

[LifePointATX Facebook page](#)

[Lifepoint: Needle Exchange, Narcan Access | Vivent Health](#)

The Vivent Health Lifepoint program provides free syringes and safer injection supplies to people who inject drugs and safe disposal of used syringes.

Austin-Travis County Opioid Resource Hub

[Austin - Travis County Opioid Resource Hub](#)

Resource map, education, data, public, and other information related to opioids in Austin/Travis County.

Be Well Texas

[Home - Be Well Texas](#)

888-85-BeWell (23925)

Be Well Texas expands access to compassionate, evidence-based treatment for people who use substances and with substance use disorders (alcohol or drug) and/or mental illness.

- 24-hour access to our virtual Be Well Clinic
- Statewide treatment, housing, and recovery support services
- Training and telementoring for health care and other professionals
- Cutting-edge treatment research and clinical trials
- Distribution of life-saving naloxone to organizations and individuals
- In many cases, we help cover the cost of treatment

Sobering Center – Austin/Travis County

[Home - The Sobering Center Austin | Sobering](#)

[Center in Austin, TX](#)

The Sobering Center enhances public health and safety by providing a safe place for publicly intoxicated individuals to sober up as an alternative to the emergency room or jail and, where appropriate, to provide a bridge to recovery.



Health Insurance

<p>Health Insurance Marketplace Welcome to the Health Insurance Marketplace® HealthCare.gov</p> <p>Find local help by city and zip code Search - Local Assistance for Health Insurance Application</p>	<p>Central Health Coverage Programs Medical Access Program (MAP) - Central Health</p> <p>Applying for or renewing MAP and MAP basic coverage Applying for or Renewing MAP and MAP Basic Coverage - Central Health</p>
<p>Texas Health and Human Services Medicaid and CHIP Texas Health and Human Services</p>	<p>TIAP-Plus – A new state-funded program that covers health insurance premiums, medication copayments, and medication deductibles for people living with HIV. We are transitioning eligible clients to this program to provide more sustainable support.</p> <p>THMP – Texas Insurance Assistance Program-PLUS (TIAP-PLUS) – Information for Clients Texas DSHS</p>
<p>Patient Advocate Foundation – Co-pay Relief - A non-profit organization which provides case management services and financial aid to Americans with chronic, life threatening and debilitating illnesses. Co-Pay Relief – Patient Advocate Foundation Co-Pay Relief</p>	

Housing & Rental Assistance

<p>Housing Opportunities for Persons with AIDS (HOPWA) Housing Opportunities for Persons With AIDS Texas DSHS HOPWA: Housing Opportunities for Persons With AIDS - HUD Exchange</p>	<p>ECHO Get Help - ECHO</p> <p>SSI/SSDI Outreach, Access, and Recovery SOAR - ECHO</p>
<p>Sunrise Community Church Sunrise Community Church Home Sunrise Homeless Navigation Center</p>	<p>Project Transitions* Project Transitions Supportive Housing – Project Transitions</p> <p>*Housing and care for people living with HIV</p>
<p>LifeWorks LifeWorks serves youth and young families, many of whom have experienced homelessness, by providing wrap-around services through our Housing, Counseling, Education & Workforce programs.</p>	<p>Affordable Housing Online Search Tool (AHOST) Looking for affordable rental housing in the City of Austin? Search AHOST by entering your household income and household size to view affordable rental properties.</p> <p>Affordable Housing Online Search Tool (AHOST) AustinTexas.gov</p>



<p>Marshalling Yard Emergency Shelter</p> <p>The Marshalling Yard Emergency Shelter is a temporary shelter with capacity to serve up to 300 clients. The facility is owned by the City of Austin and operated by Family Endeavors. Marshalling Yard Emergency Shelter is not a walk-up shelter.</p> <p>All intakes at the Marshalling Yard Emergency Shelter must go through a City of Austin department, in cooperation with the Homeless Strategy Office.</p>	<p>Austin Resource Center for the Homeless (ARCH)</p> <p>ARCH is a city-owned housing-focused men’s shelter located in downtown Austin, managed by Urban Alchemy. It offers emergency shelter, basic services and connections to housing for 130 men.</p> <p>Referral to the ARCH shelter is managed through a waitlist system overseen by the Homeless Strategy Office. Individuals who need shelter must call the Sunrise Homeless Navigation Center at 512-522-1097 between 8 a.m. - 8 p.m., Monday through Friday.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Case management • Job placement • Legal assistance • Veteran services • Mental health services • Healthcare through the CommUnity Care Clinic <p>500 E 7th Street, Austin, TX 78701 512-881-8951</p>
<p>Austin Shelter for Women and Children (ASWC) Shelters AustinTexas.gov</p> <p>ASWC is a county-owned facility, leased by the City, operated by the Salvation Army. The emergency shelter serves single adult women and their dependents.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Case management • Job training • Housing location <p>4613 Tannehill Ln, Bldg 3, Austin, TX 78721 512-933-0600</p>	<p>Eighth Street Shelter (Women and Transgender)</p> <p>The Eighth St. Shelter is an emergency shelter for women and transgender clients. The facility is owned by the City of Austin and operated by Urban Alchemy.</p> <p>Referral to the Eighth Street Shelter is managed through a waitlist system overseen by the Homeless Strategy Office. Individuals who need shelter must call the Sunrise Homeless Navigation Center at 512-522-1097 between 8 a.m. and 8 p.m., Monday through Friday.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Daily transportation services • On-site access to case management • Wellness activities <p>501 East 8th St. Austin, TX 78701</p>
<p>City of Austin Housing Department, Resource for Renters: The Housing Department offers programs, services, and resources that address the needs of vulnerable residents. We collaborate with non-profit organizations to collectively reach individuals and families in Austin. The programs, services, and resources listed below are for renters. Resources for Renters AustinTexas.gov</p>	<p>Foundation Communities</p> <p>Foundation Communities Creating housing where families succeed in Austin and North Texas.</p> <p>Foundation Communities owns and operates 31 affordable apartment communities, 22 for families in Austin and North Texas, and nine efficiency studio communities for single adults in Austin.</p>



Immigrant & Refugee Support

Casa Marianella

Posada Esperanza: Posada Esperanza is the family shelter of Casa Marianella. We are a full-service transitional housing program for immigrant mothers and their children, escaping domestic or cultural violence. Occupying four homes in East Austin, we currently house 14 mothers and nearly 30 children.

Caritas of Austin

[Home | Caritas of Austin](#)
[Get Started | Caritas of Austin](#)

Immigrant Services Network - ISNA is a working group of diverse community stakeholders and immigrant service providers operating together to coordinate efforts, increase public awareness and inform policy to better serve the immigrant community. immigrantservicesatx@gmail.com

American Immigration Lawyers Association (AILA)

Find an immigration lawyer
[AILA's Immigration Lawyer Search](#)
Immigration News
[Immigration News](#)

Texas Legal Services Center
[Free Legal Aid | Texas Legal Services Center](#)

Texas RioGrande Legal Aid
[Texas RioGrande Legal Aid \(TRLA\) | Free Legal Services](#)

Intimate Partner Violence

SAFE Alliance

Advocacy and crisis intervention/face-to-face emotional support is available Monday through Friday from 8 a.m. to 4 p.m. Call 512-267-7233 or text 737-888-7233 for more information.

Our 24/7 confidential SAFELine is available for victims of domestic violence, sexual assault, sex trafficking and child abuse.

Brave Alliance

A community-based facility offering medical forensic exams (conducted after physical and sexual assaults). Serving Williamson and the surrounding Central Texas counties.

301 Denali Pass, Suite 5, Cedar Park, Texas 78613
Call 512-738-8817 for immediate assistance and exam scheduling.

Legal Services

Texas Legal Services Center

We help income-eligible Texans access healthcare, safety, stability, housing, government benefits and employment. All TLSC services are free.

Center for HIV Law and Policy

This site provides an overview of HIV-specific criminal laws for each state, including Texas. Learn more at [Texas - Excerpt from CHLP's Sourcebook on HIV Criminalization in the U.S. - 0.pdf](#)

Volunteer Legal Services of Central Texas
8001 Centre Park Dr, Ste 120, Austin, TX 78754
512-476-5550

Texas Law Help
TexasLawHelp.org is dedicated to providing free and reliable legal information to Texans.



Mental Health

Integral Care

Integral Care's 24/7 Helpline provides around the clock crisis support over the phone as well as access to all of our programs and services for adults and children, including appointments and billing.

For immediate mental health crisis support, call 512-472-4357.

If you have non-urgent questions or concerns about our programs or services and prefer to use email, send an email to info@integralcare.org.

Toll-Free: 844-398-8252
Deaf/Hard of hearing, use VRS
TTY: 512-703-1395

The Trevor Project - Suicide Prevention for LGBTQ+ Young People

212-695-8650

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information and support to LGBTQ+ young people 24/7.

If you are thinking about suicide, harming yourself or feeling lonely get immediate crisis support. Connect to a crisis counselor from anywhere in the U.S via text, chat or phone. The Trevor Project is 100% confidential and 100% free.

Get started by calling 1-866-488-7386
Text START to 678-678

Waterloo Counseling Center

Waterloo 2.0

Waterloo provides care in Austin and virtual care anywhere in Texas. Our services include individual therapy, family/couples therapy and group therapy.

Primary Care (includes HIV/STI testing)

CommUnityCare Health Centers

28 locations across the Austin and Travis County, including one in Bastrop County

All locations listed [here](#)
To make an appointment at a CommUnityCare clinic, call 512-978-9015.

Carousel Pediatrics: 512-744-6000
OB/GYN: 512-978-8700

Clinica Hispana

*Se habla Español
Six locations across Travis and Williamson Counties
512-351-9875

Black Men's Health Clinic

6633 E Hwy 290 Suite 100, Austin, TX 78723
737-210-8446
*Pflugerville location available in partnership with GUD Life Holistic Wellness

Austin Regional Clinic

*Over 20 locations across Austin/Travis County
Call 512-272-4636 for information.

People's Community Clinic

Adolescent, adult, pediatric, dental, prenatal, and pharmacy services
*3 locations across Austin/Travis County
512-478-4939

Red River Family Practice

900 E 30th St, # 300, Austin, TX78705
512-476-6555



Volunteer Health Care Clinic

Our Services - VOLUNTEER HEALTHCARE CLINIC

The Volunteer Health Care Clinic is an affordable clinic run by volunteers. On Tuesdays and Thursdays from 9:30 a.m. - 2 p.m. acute primary care services are provided. Folks seeking chronic disease management must first be seen during a Tuesday or Thursday walk-in and be referred to the Chronic Disease Management Clinic. On Monday from 6 p.m. - 10 p.m., patients can be seen for chronic disease management. Specialty care and acute pediatric care hours are typically 6 p.m. - 10 p.m. on Tuesdays and Thursdays.

Call 512-459-2002 and press 0 for eligibility and registration information.
4215 Medical Parkway, Austin, Texas 78756

Sexual Health & HIV/STI Testing

Rebekah Baines Johnson (RBJ) Clinic

Sexual health clinic and tuberculosis clinic

15 Waller St., 1st floor, Austin, TX 78702
512-972-5430 – sexual health clinic
512-972-5460 – tuberculosis clinic

APH Focused Testing Program

ATX Sexual Health | Facebook - updated with monthly testing schedule
Express STI Testing Program
512-972-5580

Vivent Health

Offers dental, pharmacy, and primary care services

104 E. Highland Mall Blvd
Suite 100, Austin, TX 78752-3776
512-458-2437
Pharmacy: 512-220-7609

AIDS Healthcare Foundation (AHF) Healthcare Center

2927 Guadalupe Street, Austin, 78705
512-640-3100

Kind Clinic

*Two locations in Austin/Travis County
833-937-5463

Center for Health Empowerment

2312 Western Trails Blvd. Suite #103,
Austin, TX 78745
512-840-1273

Planned Parenthood

*Four locations across Austin/Travis County
1-800-230-PLAN
512-351-4660

Crane Center

*Offers surgical gender affirming care
Crane Center for Transgender Surgery - Gender Surgery Experts

NS3 Health

2209 W Parmer Lane, Austin, TX 78727
512-351-6053
clinic@ns3health.org

Transportation

CapMetro

Plan your trip, look at schedules and maps, service alerts, and learn about discounted and/or free fares and passes online.

Fares and Passes – Capital Metro – Austin Public Transit

CARTS - Capital Area Rural Transportation System

Regional transportation for the non-urbanized areas of Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis and Williamson counties.

Fares & Passes – CARTS
Rider's Guide – CARTS
Plan my Trip – CARTS



Veterans Assistance	
<u>Veterans Services</u> - Travis County	<u>Veteran Resource Guide updated 11.3.25.1.pdf - Google Drive</u> City of Austin
<p><u>Austin VA Clinic</u></p> <p>7901 Metropolis Drive Austin, TX 78744-3111</p> <p>Main phone: 800-423-2111 VA health connect: 833-284-7212 Mental health phone: 512-823-4040</p> <p>Our stand-alone multispecialty clinic offers primary care and specialty health services, including a chiropractic clinic, vision care, dentistry, cancer care, treatment for traumatic brain injuries (TBI), foot care and more.</p>	<p><u>DAV Vans: Van Services for Veterans</u></p> <p>The Disabled American Veterans (DAV) provides free van rides to and from VA Central Texas Healthcare System facilities to veterans who don't have other transportation options.</p> <p>We work with Disabled American Veterans and county Veterans Affairs directors to provide transportation for Veterans and authorized caregivers to get to scheduled medical appointments.</p>
<p><u>VetRide</u></p> <p>If you are a veteran, the Veteran's Transportation Service (VTS) is here to ensure that you have the ability to make it to all your VA health care appointments. From veterans living in remote and rural areas to those who are visually impaired, elderly or immobilized due to disease or disability, VTS understands all the considerations needed to make transportation easier.</p>	<p><u>Commission on Veterans Affairs -</u></p> <p>An advisory body to the city council concerning the wellbeing of military veterans in the Austin area</p>

Bastrop County

<p>Bastrop County Health Department - Public Health Region 7</p> <p>104 Loop 150 W, Ste 102, Bastrop, TX 78602 512-321-3982</p>	<p>Bastrop ISD Health Center</p> <p>1602 Hill Street, Bastrop, TX 78602 512-772-4887</p> <p><u>Bastrop ISD - Community Health Centers of South Central Texas</u></p>
<p>Rural AIDS Services Program, Community Action, Inc. - Bastrop, Fayette and Lee Counties</p> <p>204 S. Main Street, Elgin, TX 78621 512-285-3667</p>	<p>Community Health Centers of South-Central Texas - Bastrop</p> <p>275 Jackson Street, Bastrop, TX 78602 512-321-7137</p> <p><u>Community Health Centers of South Central Texas: Health Services for All (communityhealthtx.com)</u></p>
<p>Elgin Family Health Center</p> <p>711 W. 10th Street, Elgin, Texas 78621 512-229-3334</p>	



Caldwell County - Lockhart & Luling

<p><u>Homepage - Caldwell County, TX</u> <i>No Department of Health listed</i></p>	<p>Bluebonnet Trails Community Services - Caldwell County Mental Health Center - Provides community mental health services. Use the main phone number to contact an office for an appointment or to ask for more information about eligibility and programs.</p> <p>510 E Pierce St, Luling, TX 78648 830-875-3908</p> <p>2060 S Colorado St, Lockhart, TX 78644 844-309-6385</p> <p><u>Bluebonnet Trails Serving the Counties of Central Texas (bbtrails.org)</u></p>
<p>Rural AIDS Services Program, Community Action, Inc. - Hays, Caldwell and Spanish Speaking Clients 215 So. Reimer Ave, Ste 130, San Marcos, TX 78666 512-392-1161 Ext 306 Fax: 512-852-4706</p>	<p>Indigent Health Care - This program provides basic medical services to residents of this hospital district who cannot receive health care coverage from any other source and who are eligible for the program. Eligibility is based on income and resources.</p> <p>Seton Edgar B. Davis Hospital 130 Hays Street, Luling, TX 78648 830-875-7038</p>

<h3>Lockhart</h3>	
<p><u>City of Lockhart, TX (lockhart-tx.org)</u> If you have questions or need to be directed to the appropriate departments, call City Hall at 512- 398-3461.</p> <p>Three hospitals serve the Lockhart area. Numerous family physicians, dentists and other health care professionals round out the medical needs of Lockhart residents. Seton Lockhart Center for Healthcare and Seton Lockhart Specialty Clinic are available and if case of an emergency, call 9-1-1.</p>	<p>Community Action, Inc. Primary Health Services, Lockhart Community Health Services - Primary Health Care provides health care services for men and women whose family income is 25% to 150% of the <u>Federal Poverty Level</u>. Services include medical visits, limited prescriptions, limited dental, health screening, monitoring of blood pressure and blood sugar, health risk profile, preventive health education and other referral services.</p> <p>901 Bois D, Lockhart, TX 78644 512-398-3494 <u>http://communityaction.com/</u></p>
<p>Lockhart Area Senior Citizen Activity Center - The Center also manages a thrift shop, which sells new and used household goods, including gently used clothes, books, and shoes.</p> <p>Monday - Thursday, 12 p.m. - 3 p.m. 512-398-6322.</p>	<p>Lockhart Family Practice Center 2060 S. Colorado St, Lockhart, TX 78644 830-494-4001</p> <p><u>Lockhart - Community Health Centers of South Central Texas</u></p>
<p>Narcotics Anonymous Hill Country Area – meets regularly, serves Lockhart and South-Central Rural Texas - Boerne, Canyon Lake, Fredericksburg, Kerrville, New Braunfels, Schertz, Seguin and Universal City PO Box 290133, Kerrville, TX 78209 855-864-2262 <u>http://www.hcana.org</u></p>	<p>Workforce Solutions Rural Capital Area – free job search assistance and resources are available to the public.</p> <p>Monday - Friday, 8 a.m. - 5 p.m. 117 N. Main St., Lockhart, TX 78644 512-398-3491 or 888-223-2638 (toll-free) <u>http://www.workforcesolutionsrca.com</u></p>



Texas Department of Health and Human Services - Benefits Office (SNAP, CHIP, Medicaid)

1400 FM 20, Lockhart, TX 78644
512-398-4541 | 512-398-7436

<http://www.yourtexasbenefits.com>

Luling

Luling, TX - Official Website | Official Website (cityofluling.net)

No Department of Health listed, or reference to other healthcare facilities

Calendar • Luling, TX • CivicEngage (cityofluling.net)

Community events page for City of Luling

Community Health Centers of South-Central Texas - Luling Community Health Center - a community medical and dental clinic. Clients are charged for services according to their ability to pay.

111 South Laurel Ave,
Luling, TX 78648
830-875-6399

<http://www.chcsct.com>

Community Action, Inc. Luling

Stacey Martinez, Coordinator of HIV Services
215 S Reimer Avenue, Suite 130,
PO Box 748,
San Marcos, TX 78667
512-392-1161 Ext 329

smartinez@communityaction.com

Community Action, Inc. of Central Texas | Luling, TX - Official Website (cityofluling.net)

Rural AIDS Services Program - Community Action Inc. Central Texas

Hays County

Austin Regional Clinic Buda

3420 FM 967 Suite B-100, Buda, TX 78610
512-295-1608

Hays County Health Department and Hays County Indigent Health Care Program

401-A Broadway, San Marcos, TX 78666
512-393-5520

Hays County Health Department (hayscountytexas.gov)

Hays County Indigent Health (hayscountytexas.gov)

Hays Caldwell Council on Alcohol and Drug Abuse -

provides substance abuse screenings and assessments, treatment referrals, information and educational services, an adult intensive outpatient treatment program and other related services.

1901 Dutton Dr, Ste E, San Marcos, TX 78666
512-396-7695

<http://www.hayscaldwellcouncil.org>

Rural AIDS Services Program, Community Action, Inc. - Hays, Llano & Burnet Counties

215 S Reimer Avenue, Suite 130, PO Box 748, San Marcos, TX 78667

512-392-1161 Ext 329

Contact: Richard Perez

rperez@communityaction.com

CommuniCare Health Centers - medical, dental, behavioral health, lab, optometry and optical services, pediatric speech therapy and family planning.

San Marcos Campus:

1340 Wonder World Dr, Ste 4201, San Marcos, TX 78666 | 512-268-8900

Kyle Campus:

2810 Dacy Lane, Kyle, TX 78640 | 512-268-8900

<http://www.communicaresa.org>

TexanCare Family Medicine Clinic San Marcos TexanCare Family Medicine Clinic | San Marcos, Texas Family Practice

601 Leah Ave, Ste A, San Marcos, TX 78666
512-396-1000

Monday –Thursday, 8 a.m. - 5 p.m.

Friday, 8 a.m. - 12 p.m.

*24/7 virtual care



Williamson County

<p>Williamson County and Cities Public Health District – offices and public health centers in Cedar Park, Round Rock and Taylor</p> <p>355 Texas Ave, Round Rock, TX 78664 512-943-3600</p> <p><u>Welcome to Williamson County and Cities Health District (wcchd.org)</u></p> <p>Taylor Clinic 115 W. 6th St, Taylor, TX 76567 512-352-4109</p> <p>Round Rock Clinic 211 Commerce Blvd, Round Rock, TX 78664 512-248-3257</p> <p>Georgetown Clinic 100 W. 3rd St, Georgetown, TX 78626 512-943-3640</p> <p>Cedar Park Clinic 350 Discovery Blvd, Cedar Park, TX 78613 512-260-4240</p>	<p>Rural AIDS Services Program, Community Action, Inc. - Williamson County 2425 Williams Dr, Ste 105, PO Box 5010, Georgetown, TX 78628 512-931-2471 Fax: 512-777-4945</p> <p>Contact: Donna Carol <u>dcarol@communityaction.com</u></p>
<p>Bluebonnet Trails Community Services - Williamson County Mental Health Center 1009 Georgetown St, Ste J, Round Rock, TX 78664 512-244-8480 or 512-244-8489 512-244-8229 <u>http://bbtrails.org</u></p>	<p>Lonestar Circle of Care (<i>various locations in Georgetown, Round Rock, Cedar Park, and Taylor</i>) Women's care, senior services, dental, OBGYN, and PrEP</p> <p>877-800-5722 (toll-free) - call for appointments at any location <u>Home Lone Star Circle of Care (lonestarcares.org)</u></p>
<p>Williamson County Indigent Health Care Program - This program provides basic medical services to residents of this county who cannot receive health care coverage from any other source and who are eligible for the program.</p> <p>211 Commerce Cove Ste 109, Round Rock, TX 78664 512-248-3252 512-248-3259 <u>http://www.dshs.state.tx.us</u></p>	<p>Central Texas Veterans Health Care System - Cedar Park Community Based Outpatient Clinic 701 Whitestone Blvd, Cedar Park, TX 78613 512-260-1368 or 512-260-1368 <u>VA Central Texas Health Care Veterans Affairs</u></p>
<p>Sacred Heart Community Clinic <u>Sacred Heart Community Clinic – Free Health Clinic in Round Rock, Texas</u></p> <p>620 Round Rock West Dr, Bldg 8, Round Rock, TX 78681 512-716-3929 *Located at the rear of the St. William Church Campus</p>	<p>Pride Family Medicine <u>Pride Family Medicine and Aesthetics in Cedar Park</u></p> <p>Primary care, aesthetics, LGBTQ+ care, hormone therapy, telemedicine and med spa</p> <p>1201 Lakeline Blvd, Ste 400, Cedar Park, TX 78613 512-379-7272</p>



Podcasts and Media

Confessions: HIV+ Women Podcast

Follows the lives of six women living with HIV who share their journeys.

Fast-Track Cities Podcast

Created by the International Association of Providers of AIDS Care, this series chronicles the story of the urban AIDS response from the early days of the HIV epidemic to the targeted efforts of Fast-Track Cities to end AIDS as a public health threat by 2030.

Exploring an Epidemic: Congenital Syphilis in Texas

This podcast series is designed to increase awareness and build shared knowledge in the management and prevention of syphilis and congenital syphilis for the public health workforce and their partner agencies who care for people of reproductive age and their babies.

Our Stories: Ending HIV Stigma (Positive Women Victoria)

Our Stories: Ending HIV Stigma is a podcast about women, by women living with HIV in Australia to challenge the myths and stereotypes that feed HIV stigma.

Resurrection: Heroes of the Early Years

In a moment of fate in 2017, Dane Stewart is gifted a bundle of love letters and theatrical scripts, written by a queer man named Daryl Allen before AIDS took his life in 1991. Along with the letters, Dane is given a task: tell Daryl's story and give his art the audience it lost when his life was cut short.

POZ Magazine – Health, Life, and HIV

QMMUNITY – Austin Chronicle

Qmmunity - Queer News + Events - The Austin Chronicle

Local Community

ATX Sexual Health

A Facebook page managed by Austin Public Health is dedicated to discussing sexual health, and where monthly testing events are posted.

[ATX Sexual Health | Facebook](#)

Austin Area HIV Planning Council

The mission of the HIV Planning Council of the Austin Area is to optimize the health and well-being of people living with HIV in central Texas.

[HIV Planning Council | AustinTexas.gov](#)

www.facebook.com/austinhivpc

Fast-Track Cities Austin/Travis County

Global initiative to end the HIV epidemic by 2030.

[Austin-Travis County Fast-Track Cities | AustinTexas.gov](#)

HIV Ends with U

Discover how people across Austin got into treatment and reclaimed their power over HIV.

[Ending the HIV Epidemic](#)

HIV Resources Administration (HRA)

HRA is responsible for procuring HIV/AIDS primary medical care, treatment, and health-related support services for the City of Austin-funded HIV Prevention and Care Services, as well as multiple federal grants.

[HIV Resources Administration \(HRA\) | AustinTexas.gov](#)

