

Messaging

Overview

Integral Care is the Local Mental Health Authority (LMHA) and Local Intellectual and Developmental Disability Authority (LIDDA) for Travis County. Since 1967, our mission has remained the same: to provide accessible, high-quality mental health care and social services—at low or no cost—to individuals affected by mental health conditions, substance use disorders, and intellectual or developmental disabilities. We support people in achieving well-being and independence through compassionate care available 24/7.

Adult Services

Integral Care supports adults living with mental illness and substance use disorders in reclaiming and maintaining their mental and physical health. Through personalized counseling, we help individuals strengthen their emotional well-being. Our substance use treatment programs promote recovery and long-term stability. We offer supportive housing that fosters independence and healing, along with wellness services that address chronic health conditions such as diabetes. By providing these essential tools, Integral Care empowers individuals to achieve mental health and well-being, realize their full potential, and actively contribute to our community.

Child & Family Services

Integral Care provides personalized care for children and families, beginning with a thorough, expert assessment to understand each child's unique needs. Our team works closely with families to uncover underlying challenges and develop a tailored care plan



that supports mental health and well-being. Services may include individual therapy, family counseling, in-home and in-school visits in Austin, Pflugerville, Del Valle, and Manor, medication management, treatment for substance use, and suicide prevention.

Crisis Services

Integral Care is available 24/7 to support anyone experiencing a mental health crisis, no appointment needed. We understand that urgent challenges like suicidal thoughts, overwhelming stress, or substance use concerns do not follow a 9-to-5 schedule. That is why we offer immediate help through our 24-hour helpline at 512-472-HELP (4357), connecting individuals to care whenever they need it. For those who require in-person support, our Psychiatric Emergency Services (PES) location at 1165 Airport Blvd. is open around the clock. Walk-ins are welcome at any time, day or night, because mental health emergencies deserve timely, compassionate care.

Intellectual and Developmental Disabilities

As the Local Intellectual and Developmental Disability Authority (LIDDA) for Travis County, Integral Care helps individuals with IDD gain health, independence, and access to vital resources. A formal diagnosis is the gateway to essential services such as educational support, SSI benefits, Medicaid waivers, and more. Our team conducts expert assessments to determine eligibility and guide individuals and families through their options, ensuring they are connected to the right support as early as possible. Navigating the IDD system can be complex. Integral Care provides hands-on assistance with benefits applications and other critical processes, so families do not have to face it alone. We are often the first stop for IDD services, offering compassionate care and guidance every step of the way.