



ALAMO
COLLEGES

NORTHEAST LAKEVIEW COLLEGE

COUNSELING SERVICES STCM 222D

**1201 Kitty Hawk
Universal City, TX 78148**

Phone: 210-486-5496

Fax: 210-486-9199

Website: www.alamo.edu/nlc

The Alamo Colleges do not discriminate on the basis of race, religion, color, national origin, sex, age, or disability with respect to access, employment programs, or services. Inquiries or complaints concerning these matters should be brought to the attention of the Associate Vice Chancellor of Employee Services, Title IX Coordinator, 210-485-0200.

**Address: Employee Services
Department, 201 W. Sheridan, Bldg.
A, San Antonio, Texas 78204.**

**For accommodation issues or an
alternate format, call
(210) 486-5487.**

Updated 07/11

RESOURCE GUIDE

Northeast Lakeview College

COUNSELING SERVICES



Contains Information on:

- *Emergency Numbers*
- *Low-Cost Counseling in the Community*
- *Childcare Resources*
- *Help for Military Families*
- *Other Free or Sliding-Fee Scale Resources*

CONTACT INFORMATION

This Resource Guide is for informational purposes only. It is not meant to be an exhaustive resource directory.

For more information on the resources listed, or other campus and community resources, contact:

Mental Health Counseling Services
 Northeast Lakeview College
 1201 Kitty Hawk, STCM 222D
 Universal City, TX 78148

210-486-5496 (Phone)

210-486-9199 (Fax)

Website: www.alamo.edu/nlc

**For 24-hour resource information
 or for resources not listed in this directory,
 dial 2-1-1 or visit the United Way website:
www.unitedwaysatx.org.**



DENTAL CARE

All dental programs listed below are available in San Antonio. Individuals in surrounding areas can consult the local United Way for information on sliding-fee scale dental programs (See page 4).

Barrio Comprehensive Family Health Care:

Provides comprehensive dental services at a sliding-fee scale.
 Phone: 210-434-2647

San Antonio Christian Dental Clinic:

Provides dental care for individuals who meet the federal poverty guidelines. Interested individuals must schedule a “new patient” appointment and will be required to show extensive proof of income.

Phone: 210-220-2300

Centro Med:

Provides comprehensive dental services on a sliding-fee scale for ages 21 and under. Service offered to individuals with diabetes and prenatal. Emergency walk-ins will receive attention.

Phone: 210-924-7344

Website: <http://www.centromedsa.com/>

UT Health Science Center / Dental School:

Screens patients for acceptance as teaching cases for dental treatment by graduate and undergraduate dental students.

Minimal costs to cover materials only.

Phone: 210-567-3217

Website: www.dentalscreening.com

MEDICAL CARE



CareLink:

Assists individuals & families in accessing health care at the University Health System. Arranges a monthly payment plan for all medical services, based on income. For Bexar County residents who do not have health insurance.

Phone: 210-358-3350

Toll-free: 800-844-6202

Website: www.universityhealthsystem.com

Planned Parenthood:

Provides low-cost comprehensive, reproductive health services; physical exams; birth control; counseling; education; and HIV testing.

Northeast SA Branch: 210-590-0202.

Website: www.plannedparenthood.org

Lions Club:

Provides assistance for individuals who have visual impairments and need prescription eyeglasses. Request form to apply for aid. In San Antonio, call 210-225-1164. In surrounding areas, contact the local United Way (See page 4).

Together Rx Access:

Offers savings on medication for qualifying individuals & families without prescription drug coverage. Call or apply online.

Phone: 800-444-4106

TABLE OF CONTENTS

- Emergency Assistance 4
- Hotline Information 5
- Childcare Resources 6
- Help for Military Individuals & Families 7
- Legal Assistance 8
- Conflict Resolution 8
- Domestic Violence 9
- Financial Resources for College 10
- Assistive & Rehabilitative Services 11
- Counseling (Low Cost) 12
- Support 13
- Medical Care (Low Cost) 14
- Dental Care (Low Cost) 15

EMERGENCY ASSISTANCE

**In Case of
Emergency,
Dial 9-1-1.**



United Way Information:

Dial 2-1-1 for a link to local resources.

United Way of San Antonio & Bexar County: 210-227-HELP (4357)

Comal County United Way: 830-620-7760

Guadalupe County United Way: 830-303-3263

Emergency Assistance:

Call the United Way numbers listed above or visit www.unitedwaysatx.org to find information on programs in your area that can assist you with emergency needs such as food, clothing, household items, financial assistance, rent, utilities, or medical needs.

Comal County:

Connections Crisis Intervention Services:

Call for info & referral or crisis intervention services.
Phone: 830-629-6571 Crisis Hotline: 800-532-8192
Website: www.connectionsnonprofit.org

Hill Country MHMR:

Offers outpatient mental health services to hill country residents.
Provides screening & assessment, psychiatric medication, counseling, and other support services.

Phone: 830-792-3300; Website: www.hillcountry.org.

For psychiatric emergencies, call the Mobile Crisis Outreach Team at 1-877-466-0600.

Guadalupe County:

Bluebonnet Trails MHMR / Mental Health Services:

Provides assessment, medications, counseling services.
Phone: 830-379-8222 Crisis Hotline: 1-800-841-1255

Guadalupe Valley Christian Counseling Center:

Offers individual, as well as marriage & family counseling services.
Phone: 830-303-3161



SUPPORT

National Institute on Alcohol Abuse and Alcoholism:

Website: <http://www.niaaa.nih.gov>

San Antonio Council on Alcohol & Drug Abuse:

Counselors are available 24-hours a day and provide referrals for treatment.

Phone: 210-225-4741 Email: info@sacada.org

Website: www.sacada.org

Haven For Hope:

Private non-profit dedicated to transforming the lives of homeless men, women and children.

Phone: 210-220-2350 Website: www.havenforhope.org

COUNSELING



The following counseling centers provide sliding-fee scale services for individuals & families that do not have insurance.

San Antonio:

El Centro del Barrio Family Resource Center:

Provides psychiatric counseling & medication.

Phone: 210-927-1816 Website: <http://centromedsa.com/services>

Family Service Association:

Comprehensive counseling services, as well as youth-based & parenting programs. Call for the nearest location.

Phone: 210-299-2400 Website: www.family-service.org/

Jewish Family Service: Counseling & support groups for a multitude of issues. Phone: 210-302-6920 Website: www.jfs-sa.org/

MH/MR:

Psychiatric (medication) services. Intake Office: 210-223-4061 x100.

Walk-In Crisis Center: 527 N. Leona, SAT 78207

Phone: 210-223-7233

Rape Crisis Center: Counseling & advocacy to victim's of sexual assault/abuse, including victims of childhood sexual abuse.

No fee for services.

Phone: 210-521-7273 Website: www.rapecrisis.com

St. PJ's Counseling Center:

Individual, family, marital, sibling, & group therapy; parenting programs.

Phone: 210-533-1203 Website: www.stpjhome.org

Texas State University: Assessment and Counseling Clinic

Counseling for couples, families, and individuals age 3 and older.

Fees: sliding scale based on income, basic rate \$20.

Phone: 512-245-8349 or 512-245-3979

Website: www.education.txstate.edu

For Emergencies, Dial: 9-1-1.

For Crisis Counseling /Resources, Dial 2-1-1.

Hotline Numbers

Alcohol & Drug Abuse Treatment Hotline I-800-662-HELP (4357)
TDD (Telecommunications Device for the Deaf) I-800-487-4889
Spanish Speaking I-877-767-8432

Bexar County Child Abuse Hotline I-800-252-5400

CHADD (Children & Adults with AD/HD) I-800-233-4050

Crisis Hotline I-800-999-9999

Family Violence Legal Hotline I-800-374-4673

Gay, Lesbian, Bisexual, & Transgender Support Line I-800-850-8078

Mental Health Information Hotline I-800-64-PANIC
(72642)

National Center for Learning Disabilities I-888-575-7373

National Child Abuse Hotline I-800-4AChild
(224453)

National Domestic Violence Hotline I-800-799-SAFE (7233)

Poison Control Center I-800-POISON-1 (I-800-764-7661)

Rape Crisis Center Hotline 210-349-7273

Suicide Helpline I-800-273-8255

If you need help . . .

Contact NLC Counselor, at 210-486-5496.

For 24-hour assistance, dial 2-1-1.



CHILDCARE RESOURCES

Parent-Child Incorporated:

Offers HEAD START Programs across San Antonio for children age 3-5.

Phone: 210-226-6232

Smart Start:

Provides childcare resource and referral information for South Texas residents.

Phone: 210-65-SMART (76278)

Toll-free: 800-332-3264

Texas Department of Protective & Regulatory Services (TDPRS):

The TDPRS website offers help for families looking for childcare providers that will meet their specific needs. Families can also obtain a “compliance & complaint” history on daycare providers via the website. Go to www.tdprs.state.tx.us to obtain this & other helpful information.

Phone: 800-862-5252

Inman Christian Center

Childcare offered for infants, preschool and school-age children
Information and referral assistance : www.inmancenter.org
Phone: 210-222-9641

Assistive & Rehabilitative Services (DARS)



New Braunfels Office—830-608-8750

Seguin Office—830-379-8120

Gonzales Office—830-672-6949

Central Office—210-228-2280

Kerrville Office—830-257-7556

Regional Office—210-805-2200 / 800-410-7760

North Office—210-561-8600

Northeast Office—210-650-0943

West Office—210-522-8010

South Office—210-927-8300

Pearsall Office—830-334-4613

Website: www.dars.state.tx.us/

FINANCIAL RESOURCES FOR COLLEGE



Go to www.alamo.edu and click on “Financial Aid & Scholarships” for information on scholarships available at the Alamo Colleges.

FAFSA Forecaster:

Provides a forecast of potential eligibility for aid. Once complete, the information can be transferred into the forecaster to FAFSA forms. Go to: www.fafsa.ed.gov

Minnie Stevens Piper Foundation:

Students can visit the library to obtain free information on scholarships and grants. Call for hours of operation.

Phone: 210-525-8494

Website: www.window.state.tx.us/scholars/

Project Quest:

Provides comprehensive financial & social services to low-income students in Bexar County pursuing qualifying vocational & technical degrees.

Phone: 210-270-4690

Website: <http://questsa.org/>

In addition to the programs listed above, the following Financial Aid Directories are available in local libraries to assist students in their search for grants & scholarships:

- Get Free Cash for College by Janabe
- Directory of Financial Aids for Women

ASSISTANCE FOR MILITARY AND FAMILY MEMBERS



Military OneSource:

Offers resource information and support for military individuals & families. Services include childcare resources; obtaining counseling; & preparing for deployment, relocation, & other transitions.

Call Now Stateside: 800-342-9647

TTY/TDD: 1-866-607-6794

Website: www.militaryonesource.com

Operation Home front:

Offers assistance in the areas of emergency services, educational services, and morale programs. Includes a support group for female loved ones of a wounded service member; support for military wives & families; moving assistance; auto repair; home & appliance repairs; food assistance; vision care; and a “wounded warrior” program.

Phone: 210-659-8039

Toll-free: 800-779-5921

Website: www.operationhomefront.net/texas

Confidential Counseling at No Charge:

The Military Family Service Center (Four Locations):

ST. MARY’S UNIVERSITY FAMILY LIFE CENTER

Department of Counseling and Human Services

Phone: 210-438-6410 or 210-225-5481

Hope 4 Heroes: Provides *comprehensive* counseling and support services for vets and their families. Website: www.hope4heroes.org

Grace After Fire: An online women veteran’s peer network. Call toll-free for counseling: 1-800-362-6477; www.graceafterfire.org

Tragedy Assistance Program for Survivors (TAPS): Provides 24/7 info & support for survivors. 1-800-959-TAPS (8277); www.taps.org.

National Suicide Hotline: 1-800-273-TALK (8255); Press 1 for Veterans.

LEGAL RESOURCES



Bexar County:

San Antonio Community Law Center—210-271-9595
Center for Legal Social Justice at St. Mary's Law School—
210-431-2596

Comal County:

Legal Aid of Central Texas—800-234-6606
Crisis Center of Comal County (Sexual Assault Cases)—
830-620-4357

Surrounding Areas:

Texas Rio Grande Legal Aid—888-988-9996

Advocacy Inc. (*Disability-related issues*)—(V/TDD) 800-252-9108

Family Law Hotline: 800-777-3247



CONFLICT RESOLUTION

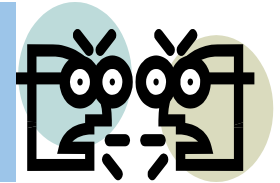
Bexar County Dispute Resolution Center:

An alternative to the legal system that offers mediation by trained volunteers. Services are offered at no cost to Bexar County residents. The Center also offers referral services and community outreach services.

Phone: 210-335-2128

Website: <http://www.bexar.org/drc/>

DOMESTIC VIOLENCE



Shelters:

Comprehensive support for victims of domestic violence and their children.

Battered Women's Shelter of Bexar County—210-733-8810

Guadalupe Valley Family Violence Shelter—830-372-2780

Crisis Center of Comal County—830-620-4357

Advocacy:

Bexar County:

SAPD Victim's Advocacy Section—210-207-2141

Family Justice Center—210-208-6800

Family Violence Prevention Services—210-930-3669

Surrounding Areas:

Contact the local United Way for information (see Page 4).

Child Abuse & Neglect:

Call Statewide Hotline—800-252-5400