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COLLEGE

# NVC Counseling Services Community Resource Guide

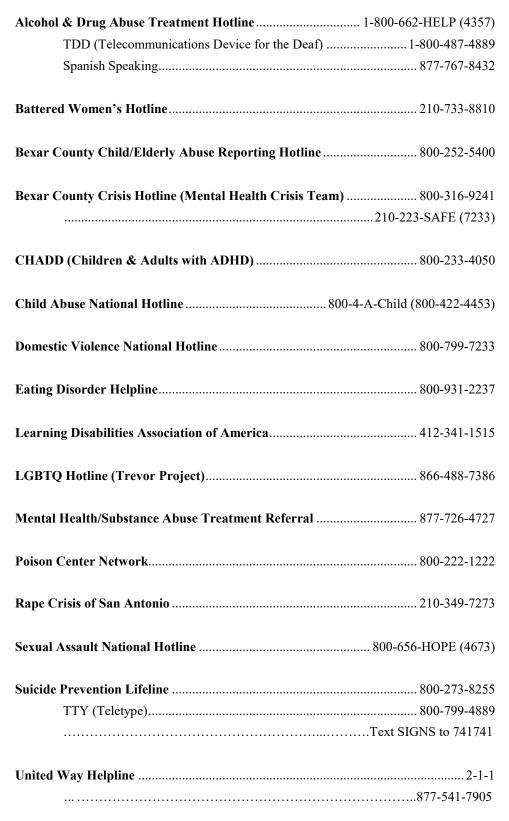
HOTLINE NUMBERS	2			
EMERGENCY HELP	3	Welcome!		
MEDICAL .	3	This community resource list has been compiled for your convenience. It contains contact information for mental		
<u>DENTAL</u>	5	health resources, and other treatment and comport agencies in the San Antonio community.		
MILITARY	6	Most of these agencies function on a sliding-s tem. We recommend students contact these a		
FOOD PANTRIES/ BENEFITS	7	rectly for more information about their fee structure. Students may also want to contact their insurance company as a primary source for referral listings.  Information on non-Northwest Vista College organizations are provided solely as a service to our students. These referrals do not constitute an endorsement of these organizations or their programs by Northwest Vista College, and none should be inferred.  For additional resources not seen here, or for questions or corrections, please contact NVC Counseling Services!		Please Note:
ASSISTIVE & REHABILITATIVE SERVICES	7			We attempt to highlight low-cost services in this referral guide.
CHILD CARE	8			However, each agency may have different re- quirements to qualify.
PARENTING	9			Please contact these organizations directly
HOUSING, RENT, UTILITIES	10			for more information on their fees and eligibility requirements.
DOMESTIC/SEXUAL VIOLENCE	11	Contact NVC Counseling Services:		
COUNSELING	12	NVC Counseling Services	Adriana Can	itu, MS. LPC
SUBSTANCE/ ALCOHOL ABUSE	13	Wellness Center Cypress Campus Center 204	Personal Counselor press Campus Center 204 prthwest Vista College 210-486-4419 25 N. Ellison Drive	
<u>SUICIDE</u>	14	Northwest Vista College 3535 N. Ellison Drive		
LGBTQ+	14	San Antonio, TX 78251 210-486-4466 (front desk)		
LEGAL RESOURCES	15	210-486-9202 (fax) General Email:		
CONFLICT RESOLUTION & MEDI-	16	nvc-counseling@alamo.edu	Click Hara f	or
<u>ATION</u>		Website:	Click Here for NVC Counseling	
FINANCIAL RE- SOURCES FOR	16	https://www.alamo.edu/nvc/experience-nvc/current-students/counseling-services/	Hours of Op	eration

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### **Hotline Numbers**



Many of these hotlines have great online resources as well. Try an online search for the affiliate website!







#### Please note:

NVC Counseling Services is unable to support emergency afterhours services at this time. In case of emergency, call:

#### 911

San Antonio Police Department Emergency Dispatch

#### 210-485-0911

Alamo Colleges Police
Department Emergency Dispatch

#### 210-233-7233

CHCS mental health/substance abuse crisis line (24/7)



### **Emergency Assistance**

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

### **United Way:**

Contact United Way for 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.

#### **United Way**

Resource Hotline:

Dial 2-1-1.

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

www.unitedwaysatx.org www.national.unitedway.org

### **Medical Care**

### CareLink

Assists with accessing healthcare through the University Health System. Arranges a monthly payment plan based on income.

210-358-4000

210-358-3350

800-844-6202

www.universityhealthsystem.com

### CentroMed

Medical & counseling services for low-income Bexar County residents.

210-922-7000

www.centromedsa.com

### CommuniCare Health Centers

Medical and behavioral health services, as well as an optometry clinic. 210-233-7000

www.communicaresa.org

### Healthcare.gov

Health insurance marketplace regulated through the Affordable Care Act. 800-318-2596

www.healthcare.gov

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## ĸ.

### Medical Care, continued.

### Healthy Texas Women

Texas Department of Health and Human Services program for family planning, annual exams, disease screenings and treatments.

866-933-9972 (application help)

800-335-8957 (general questions)

512-776-7796 (breast and cervical cancer services)

www.healthytexaswomen.org



Provides eye exams, medical eye care and optical needs to individuals who are homeless or have low income.

email: info@alamovision.org

www.icare-sa.org



Provides assistance to adults and children in need of an eye exam and/or eyeglasses. 210-225-1164

https://saflc.org/

### Needy Meds

Provides prescription medications at no cost or up to an 80% discount. Also provides low-cost medical resource information.

800-503-6897

www.needymeds.org

### Planned Parenthood

Provides low-cost comprehensive, reproductive health services; physical exams, birth control, counseling, education and STD testing. 210-590-0202

www.plannedparenthood.org

### San Antonio Metropolitan Health (Metro Health)

City/county public health agency provides clinical services, immunizations, STD/HIV testing, pregnancy and infant health programs, WIC, and health education. 210-207-8780

http://www.sanantonio.gov/Health



Wherever the art of medicine is loved, there is also a love of humanity."

- Hippocrates





### **Dental Care**

### CentroMed

Dental services to children and families.

210-922-7000

http://centromedsa.com

### CommuniCare Health Centers

Provides comprehensive dental services at a sliding-fee scale.

210-434-2647 or 210-233-7000

www.communicaresa.org

### Methodist Healthcare Ministries

Dental clinic as well as other health and wellness services.

210-922-6922

www.mhm.org

#### San Antonio Christian Dental Clinic

Provides free dental care for low-income and homeless Bexar County adults.

210-220-2300

https://sachristiandenta.org



### **Assistance for Military and Military Families**

### Family Endeavors

No cost mental health care to veterans and their families. Also provides additional referral and support information.

210-431-6466

https://www.endeavors.org/locations/san-antonio/

### Military OneSource

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

800-342-9647

TTY/TDD: 1-866-607-6794 www.militaryonesource.com

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### Assistance for Military and Military Families, cont.

### **Operation Homefront**

Offers 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.

210-659-7756

800-722-6098

www.operationhomefront.net/texas



Provides free mental health services to military service members and veterans. Go online to search their database for providers in your area.

www.giveanhour.org

### **Grace After Fire**

Peer support network specifically for female veterans. Resources and referrals. Roberta@graceafterfire.org (Bexar County Outreach Contact)

1-888-737-3112

www.graceafterfire.org

### Tragedy Assistance Program for Survivors

Peer support and connection to resources for surviving families and loved ones grieving the death of a loved one serving in the Armed Forces.

800-959-8277

www.taps.org

### Veterans Crisis Line

Connects veterans and their friends/family in crisis to Department of Veterans Affairs resources via hotline, online chat or text.

800-273-8255 (press 1)

838255 (text)

www.veteranscrisisline.net







### **Food Pantries/Benefits**

### Northwest Vista College Food Pantry

Food pantry open to NVC students and employees. Open 4 days a week and the 1st Saturday of each month. Huisache Hall, Rm 115

(Summer hours may vary. Please see website for full hours of operation).

https://www.alamo.edu/nvc/experience-nvc/campus-life/campus-resources/food-pantry/

### **Catholic Charities**

Food pantry as well as other family self-sufficiency services.

210-226-6178 ext. 204

www.ccaosa.org

### San Antonio Food Bank

Provides food pantry and other services (ex. food stamp application help) to people in need. Several distribution centers and distribution schedules in the city. Call or visit their website for more information.

800-246-9121

210-337-3663

https://safoodbank.org

### Student Advocacy Center—San Antonio College

Food pantry, as well as case management and clothes closet, serving students enrolled at San Antonio College. Students not enrolled at San Antonio College may still contact the center for information and referrals.

210-486-1003

https://www.alamo.edu/sac/about-sac/college-offices/student-advocacy-center/

"The people who give you their food give you their heart."

- Cesar Chavez

### Your Texas Benefits

Information and applications for Texas state benefit programs, such as SNAP Food Benefits, TANF, health care, mental health, and other support programs.

www.yourtexasbenefits.com

### **Assistive & Rehabilitative Services**



### **Texas Workforce Commission**

- \* Vocational Rehabilitation Services
- \* Blind & Visually Impaired Services
- \* Criss Cole Rehabilitation Center
- \* Independent Living Services for Older Individuals Who Are Blind

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- \* Business Services Vocational Rehabilitation
- \* Providers' Resources Vocational Rehabilitation
- \* Business Enterprises of Texas
- \* Rehabilitation Council of Texas
- \* Service Animal Information

#### 1-800-628-5115

Email: customers@twc.state.tx.us http://www.twc.state.tx.us/

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### Assistive & Rehabilitative Services, cont.

### Health & Human Services Commission

- \* Autism Program
- \* Blind Children's Vocational Discovery & Development Program
- \* Blindness Education, Screening & Treatment Program
- \* Comprehensive Rehabilitation Services
- Deaf & Hard of Hearing Services
- \* Disability Determination
- \* Early Childhood Intervention Program
- \* Independent Living Services

877-787-8999

https://hhs.texas.gov



### **Child Care Resources**

<u>Child Care Program - Texas Workforce Commission</u>

Helps eligible parents with the cost of child care.

210-272-3260

512-463-2222

https://twc.texas.gov/students/child-care-program

Child Care Services Division (CCSD), City of San Antonio

Provides childcare funding for qualifying families.

210-230-6300

210-230-6343 (emergency child care services)

http://www.sanantonio.gov/humanservices

http://www.workforcesolutionsalamo.org/services-2/child-care-services

### **Head Start**

Offers childcare programs across San Antonio for children ages 3–5.

210-206-5500

Early Head Start is available for children under 3 years.

210-226-6232.

www.saheadstart.org

Texas Department of Family and Protective Services (DFPS)

Database for licensed/registered child care in Texas. You can also search for child care facilities whose permits have been revoked or suspended.

210-337-3399

www.dfps.state.tx.us









### **Parenting Resources**

### Catholic Charities

Family and children's services. Offers parent support groups, adolescent pregnancy and parenting programs, and other counseling and education resources. 210-267-2567

http://ccaosa.org

### Family Service Association

Provides parenting education, child care resource and referral service, and child care training.

210-431-7581

https://family-service.org/programs/parenting-education/

### KidShare

A program through the Family Service Association. Provides a safe environment where children can be transferred between parents for visitation. Also provides counseling, therapeutic supervision, and seminars on coping with divorce. 210-229-2476

https://family-service.org/programs/kidshare/

### Wesley Health & Wellness Center

Family wellness programs include parenting programs, recreation & enrichment, and health education and nutrition.

210-922-6922

http://www.mhm.org/services/clinics

### San Antonio Metropolitan Health (Metro Health)

City/county public health agency provides clinical services, immunizations, STD/HIV testing, pregnancy and infant health programs, WIC, and health education. 210-207-8780

http://www.sanantonio.gov/Health

Students who are parents face many unique challenges.
There's help available!



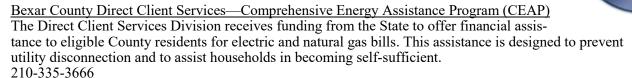


### Housing, Rental, Utility Assistance

### Alamo Area Resource Center

Maintains affordable housing database and provides housing referral and placement services. Also provides short term rental, mortgage and utility assistance for those who qualify. 210-625-7200

www.aarcsa.com



http://www.bexar.org/502/Direct-Client-ServicesEnergy-Assistance

### Catholic Charities, Archdiocese of San Antonio, Inc.

One-time emergency financial assistance to prevent utility disconnection, financial coaching and budget assessment for income-eligible individuals and families. Please contact Lizzy Nemeth at 210-226-6178 x205 for additional information. (By appointment only; First come first serve basis) 210-226-6178

https://ccaosa.org/guadalupe-community-center/

### Center for Working Families

Access to emergency rental assistance for short-term hardship, eviction notice.. Must have ability to get back on track with paying rent in future, and landlord must be willing to work with the agency. 210-207-7830

http://www.sanantonio.gov/humanservices/FinanceEmergency

### Haven for Hope

Emergency shelter and transitional living services. (Must be a resident of Bexar County with proof of residency, for ex. library cards, tax documents, dated receipts). (210) 220-2100

1 Haven for Hope Way San Antonio, Texas 78207 www.havenforhope.org

### Salvation Army Hope Center / Emergency Shelter for Women and Children

Provides emergency shelter for women and single parents with children and intact families. Provides intake assessment, daily case management, parenting and life skills, and a clean facility with launderette. You must bring ID/Social Security Card, you must have your children with you (please bring any of their documents such as birth certificate, Medicaid docs, etc.). Intakes are 3pm to 6pm, but you can call at any time.

515 W. Elmira San Antonio, TX 78212 210-352-2046

http://www.salvationarmysanantonio.org/center-hope-corps/

### San Antonio Housing Authority

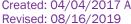
Housing Choice Voucher (Section 8), and public housing programs. 818 South Flores

San Antonio, TX 78204 210-477-6000 (general)

210-477-6199 (Sec. 8 or low income)

http://saha.org/index.php/application







### **Domestic & Sexual Violence**

Shelters, counseling, advocacy and comprehensive support for victims of domestic or sexual violence and their children.

Battered Women's Shelter of Bexar County 210-733-8810 www.fvps.org

Rape Crisis Center
4606 Centerview Ste. 200
San Antonio, TX 78228
210-349-7273 (24-hour Hotline)
www.rapecrisis.com

SAPD Victims Advocacy Services 210-207-2141

http://www.sanantonio.gov/SAPD/Victims-Advocacy

Family Justice Center 210-631-0100 http://www.bcfjc.org

Family Violence Prevention Services 210-930-3669 www.fvps.org

Abuse & Neglect of Children or the Elderly/Disabled
Adults:
Statewide Reporting Hotline
800-252-5400
https://www.dfps.state.tx.us/Contact Us/report abuse.asp

Guadalupe Valley Family Violence Shelter: 800-834-2033 830-372-2780 http://www.safeseguin.org

Crisis Center of Comal County
830-620-4357
800-434-8013
For hearing impaired, text: 830-499-1221
<a href="http://www.ccccnbtx.org">http://www.ccccnbtx.org</a>

Hill Country CARES:
Serves Kerr, Kendall, Kimble, Bandera & Gillespie counties.
888-621-0047
www.hccares.com





### Counseling

### Center for Health Care Services (MH/MR)

Psychiatric (medication) services, mental health counseling, substance abuse treatment. 210-261-1250 Non-emergency

210-223-7233 24/7 Crisis and Substance Abuse Hotline (Toll-free: 800-316-9241)

http://chcsbc.org/



Behavioral health services.

210-922-7000

http://centromedsa.com

### CommuniCare Health Centers

Individual psychotherapy, medication management.

210-233-7000

www.communicaresa.org

### Community Counseling Service—Our Lady of the Lake University

Counseling services for individual, couple, family.

210-434-1054

http://www.ollusa.edu/s/1190/hybrid/18/default-hybrid-ollu.aspx?pgid=7785&gid=1

### Family Life Center—St. Mary's University

Located at St. Mary's University, this center provides comprehensive counseling services, including play therapy for children.

210-438-6411

https://www.stmarvtx.edu/outreach/counseling/

#### Family Service Association

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

210-299-2400

https://www.family-service.org/

### Jewish Family Service

Counseling & support groups for a multitude of issues.

210-302-6920

http://www.jfs-sa.org/

### Rape Crisis Center

Counseling & advocacy to victims of sexual assault/abuse, including victims of childhood sexual abuse. *No fee for services*.

210-349-7273

www.rapecrisis.com

### Sarabia Family Counseling Center—University of Texas at San Antonio

Free counseling services for the San Antonio community.

210-458-2055

http://education.utsa.edu/community-family-life-center/

### St. PJ's Counseling Center

Individual, family, marital, sibling, & group therapy; parenting programs. 210-533-1203

www.stpjhome.org

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SUPPORT HELP

ADVICE

ASSISTANCE

For emergencies, dial 9-1-1.

For mental health crisis, contact the 24-7 crisis hotline at 210-223-7233 or 800-316-9241





"Determine the thing

that can and shall be

done, and then we

shall find the way."

- Abraham Lincoln

### **Substance & Alcohol Abuse**

Alcoholics Anonymous - Central Service Office of San Antonio

210-821-6325

210-822-4491 Fax/TDD Line

210-828-6235 24-Hour Helpline

http://www.aasanantonio.org/

Esperanza Area Narcotics Anonymous

210-434-0665 or

800-221-9091

888-600-6229 (Spanish)

http://www.eanaonline.org/

### South Central Texas Area Cocaine Anonymous

210-232-6382

http://ca-scta.org/

### Alpha Home

Outpatient services and residential rehab for women ONLY.

419 E. Magnolia St.

San Antonio, TX 78212

210-735-3822

http://www.alphahome.org

### Army Substance Abuse Program

2991 Garden Ave., Bldg 1279A

San Antonio, TX 78234

(Across from Ft. Sam Houston Clinic)

210-295-6345

https://www.cs.amedd.army.mil/Terrain/1.aspx

### Lifetime Recovery

96 Crossroads Blvd.

San Antonio, TX 78201

Phone: (210) 734-6362, Press 1

210-633-0201

http://www.lifetimerecoverytx.org

### Rise Recovery: Palmer Drug Abuse Program

Counseling, group meetings, chemical-free activities and retreats.

210-227-2634

http://www.riserecovery.org

The Center for Health Care Services Substance Abuse Treatment Services Detox, opioid treatment, public sobering unit, intensive outpatient pro-

grams.

210-261-1250

http://chcsbc.org/



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### Center for Health Care Services (MH/MR)

Psychiatric (medication) services, mental health counseling, substance abuse treatment.

210-261-1250 (Non-emergency)

210-223-7233 (24/7 Crisis and Substance Abuse Hotline)

800-316-9241 (Toll-free 24/7 Crisis and Substance Abuse Hotline)

http://chcsbc.org/

### National Suicide Prevention Lifeline

Free and confidential support and resources. 24/7 hotline and online chat available.

800-273-8255

888-628-9454 (Spanish)

800-273-8255 (Veteran's Crisis Line)

800-799-4889 (TTY)

https://suicidepreventionlifeline.org

### The Trevor Project

Suicide prevention and peer support focusing on LGBTQ youth. Online chat available.

866-488-7386

http://www.thetrevorproject.org



### LGBTQ+

### Pride Center San Antonio

Advocacy, mentoring, support groups, safe zone training, community resources.

1002 N. Flores St.

San Antonio, TX 78212

Email: info@pridecentersa.org

210-370-7743

http://pridecentersa.org

### PFLAG San Antonio

Support and information for parents, families, friends and allies of the LGBTQ+ community.

210-848-7407

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Email: pflag210@gmail.com https://pflagsanantonio.org

### San Antonio Gender Association

Support for transsexual, transgender, and gender variant individuals. Group meets every first and third Thursday of the month from 6-9pm at 611 E. Myrtle, San Antonio, TX.

http://www.sagender.net/

#### Thrive Youth Center

Provide support, education, case management for homeless LGBTQ youth.

210-212-2935

https://www.thriveyouthcenter.com

### Trans Lifeline

Support, information, advocacy, and education for trans individuals.

877-565-8860

Email: contact@translifeline.org https://www.translifeline.org/



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### **Legal Resources**

### Caritas Legal Services

Program provided through Catholic Charities, offering "Ask-A-Lawyer" legal clinics. Legal information provided, and referrals to legal aid or referrals to other attorneys who offer sliding-scale fees.

210-433-3256

https://ccaosa.org/home/caritas-legal-services/

### Center for Legal and Social Justice—St. Mary's

Assists disadvantaged individuals with legal issues.

210-436-3523

https://law.stmarytx.edu/

### Community Justice Program

Free legal services to low-income residents of South Texas by the San Antonio Bar Association. Cases taken based on eligibility. Clients must prequalify.

210-227-8822

Email: cjpclients@sabar.org http://www.sanantoniobar.org/

"Injustice anywhere is a threat to justice everywhere."

Martin Luther King, Jr.

### Jewish Family Service

Attorney Mike Robbins offers free legal advice on any matter the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of every month at 4:30 pm. (arrive at least 10 minutes early).

Individuals are seen on a first-come/first-serve basis, only up to ten people per session.

Phone: 210-533-1112 (Call to request an appointment.)

Location: 1151 Mission Rd., San Antonio, TX 78210

#### San Antonio Community Law Center

Provides legal services for working poor and elderly people ineligible for Texas Rio Grande Legal Aid.

210-271-9595

### Texas Rio Grande Legal Aid

Provides free legal services to low-income residents.

888-988-9996

http://www.trla.org/

### Texas Advocacy Project

Operates three statewide toll-free legal hotlines. Specialists gather initial information and connects callers to speak to an appropriate attorney.

800-777-3247 (Family Law Hotline)

800-374-4673 (Family Violence Legal Hotline)

800-296-7233 (Sexual Assault Legal Hotline)

512-476-5377 (Texas Advocacy Project Office)

www.texasadvocacyproject.org



### **Conflict Resolution and Mediation**

### Bexar County Dispute Resolution Center

Trained volunteers offer free mediation services to Bexar County residents at no cost. Assists in mediating civil disputes without going to court. The Center also offers referral services and community outreach services. 210-335-2128

home.bexar.org/drc

### **Disability Rights Texas**

Advocates for persons with disability who are experiencing a legal problem or having difficulty obtaining disability services.

800-252-9108 210-737-0499

Video Phone: 866-362-2851 https://www.disabilityrightstx.org



### **Financial Resources for College**

#### Federal Student Aid

Complete the Free Application for Federal Student Aid (FAFSA) to apply for federal student financial aid (federal loans or grants, depending on eligibility). <a href="https://fafsa.ed.gov">https://fafsa.ed.gov</a>

### Alamo Colleges Scholarships

Visit www.alamo.edu/nvc and click on "Admissions and Aid" and then click "Scholarships" under the "Paying For College" tab for information on scholarships available at the Alamo Colleges.

Email: :nvc-cares@alamo.edu

https://www.alamo.edu/nvc/admissions-and-aid/paying-for-college/scholarships/

#### Café College

Serves students on a walk-in basis. Provides college access advice, guidance and college readiness workshops. Will help students complete a FAFSA application.

131 El Paso St, San Antonio, TX 78204

210-207-4528

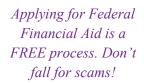
http://www.cafecollege.org

### FAFSA Forecaster

Provides a forecast of potential eligibility for aid. Once complete, the information can be transferred from the forecaster to FAFSA forms.

http://studentaid.ed.gov/fafsa/estimate

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# Scholarships— usually based on athletic or academic merit, or your field of study.

Grants—funds are usually need-based (for example, based on family income). Federal grants are the most common.

Loans— Federal
Loans are the most
common and provide
the most protection to
student consumers.
Loans should be a
last resort if
scholarships or
grants are
unavailable. Loans
must be repaid!

### Financial Resources for College, cont.

#### FastWeb

Online resource for matching students with scholarships. http://www.fastweb.com

### FinAid.org

Website provides "how-to" guidance on different types of financial aid (public vs. private loans, scholarship tips, repayment information etc.) http://www.finaid.org

### Minnie Stevens Piper Foundation

Students can visit the website to obtain free information on scholarships and grants. We recommend searching the "Subject Index to Financial Aid Programs." https://comptroller.texas.gov/programs/education/msp/

### **Project Quest**

Provides comprehensive financial & social services to low-income students in Bexar County pursuing qualifying vocational & technical degrees. 515 SW 24th St., San Antonio, TX 78207 210-630-4690 www.questsa.org

### San Antonio Area Foundation

Visit their website to apply for various scholarships and find other scholarship tips and resources. We recommend downloading the complete list of scholarship funds for a summary of available scholarships and application deadlines. 210-225-2243

Email: info@saafdn.org

http://saafdn.org/Scholarships/WelcomeScholarshipSeekers.aspx



### **NVC Counseling Services—Community Resource Guide**

Northwest Vista College Counseling Services - Wellness Center Cypress Campus Center 204 3535 N. Ellison Drive San Antonio, TX 78251

Phone: 210-486-4466 (Front Desk)

210-486-4419 210-486-9202

Fax:

Email: acantu200@alamo.edu

nvc-counseling@alamo.edu

We're on the Web!

https://www.alamo.edu/nvc/ experience-nvc/currentstudents/counseling-services/ This community resource list has been compiled for your convenience. It contains contact information for mental health resources, and other treatment and community support agencies in the San Antonio community.

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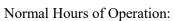
### **NVC Counseling Services**

We are here for you!

Difficult issues can get in the way of academic success. Trained and licensed staff can guide you in personal, social, and/or psychological matters such as depression, anxiety, PTSD and grief. We can help you manage these issues, your responsibilities, and other personal situations.

Looking for information on academic advisors? Please visit Advising, Career and Transfer Services online:

https://www.alamo.edu/nvc/experience-nvc/current-students/academic-advising/



Summer hours vary according to campus hours. Appointments preferred.

Monday, Tuesday, Wednesday: 8:00 a.m. – 5:00 p.m.

Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 1:00 p.m. - 5:00 p.m.

Please contact us regarding Saturday availability.

Free brief counseling services available to students:

-- Anxiety -- Grief

-- Depression -- Relationships

-- Substance abuse -- Crisis

-- Community referral -- ADHD/ADD



Created: 04/04/2017 Adriana Cantu—NVC Counseling Services

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