



# Mental Health Resources

## Advocacy Counseling & Support Services

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### Alamo Colleges District Counseling Services

	<b>Counseling</b>
Northeast Lakeview College	210-486-5000 STCM 222H Student Commons <a href="#">Counseling Services Link</a>
Northwest Vista College	210-486-4834 or 210-486-4419 Cypress Campus Center 204 <a href="#">Counseling Services Link</a>
Palo Alto College	210-486-3750 Student Center 100 (SC-100) <a href="#">Counseling Services Link</a>
St. Philip's College	210-486-2333 MLK Campus Sutton Learning Center 102, SWC Campus Building 1, A-135, LIFespace <a href="#">Counseling Services Link</a>
San Antonio College	210-486-1620 Chance Academic Center (CAC) RM 323 <a href="#">Counseling Services Link</a>

### Finding Help in Texas

- Chat – Free and Confidential Call 2-1-1
- Online Database <https://www.211texas.org/cms/>

### United Way Helplines

- San Antonio and Bexar County  
(210) 227-4357  
<http://www.unitedwaysatx.org/get-help/>
- San Marcos and Hays County  
(512) 353-1420  
[unitedwayhaysco.org](http://unitedwayhaysco.org)
- Seguin and Guadalupe County  
(855) 849-4404  
[unitedway.org](http://unitedway.org)



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### Counseling Services/Mental Health

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

- **Center for Health Care Services (MH/MR):**  
Psychiatric (medication) services. Intake Office: 210-223- 4061  
Crisis Care Services:  
601 Frio, San Antonio, Texas 78201  
Crisis Hot Line (Children & Adults): 210-223-7233 or 1-800-316-9241  
<https://chcsbc.org/>
- **El Centro del Barrio Family Resource Center:** Provides psychiatric counseling & medication.  
Phone: 210-927-1816
- **Family Life Center:** Located at St. Mary's University, this center provides comprehensive counseling services, including play therapy for children.  
Phone: 210-438-6411
- **Family Service Association:** Comprehensive counseling services, as well as youth-based & parenting programs. Call for the nearest location.  
Phone: 210-299-2400
- **Jewish Family Service:** Counseling & support groups for a multitude of issues.  
Phone: 210-302-6920
- **Rape Crisis Center:** Counseling & advocacy to victims of sexual assault/abuse, including victims of childhood sexual abuse. No fee for services.  
Phone: 210-521-7273 Website: [www.rapecrisis.com](http://www.rapecrisis.com)
- **St. PJ's Counseling Center:** Individual, family, marital, sibling, & group therapy; parenting programs. Phone: 210-533-1203

### Rural areas

#### Comal, Bandera, Kendall, Kerr Counties:

- **Hill Country MHDD Centers:** Offers outpatient mental health services to hill country residents. Provides screening & assessment, psychiatric medication, counseling, and other support services.  
Phone: 830-792-3300  
[www.hillcountry.org/](http://www.hillcountry.org/)  
For psychiatric emergencies, call the Mobile Crisis Outreach Team at 1-877-466-0600.



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### Guadalupe County:

- **Bluebonnet Trails MHMR / Mental Health Services:**  
Provides assessment, medications, counseling services and 24 hour crisis intervention.  
Phone: 830-379-8222 or Crisis Hotline: 1-800-841-1255  
<http://bbtrails.org/>
- **Guadalupe Valley Christian Counseling Center:**  
Offers individual, as well as marriage & family counseling services.  
Phone: 830-303-3161

### Atascosa and Wilson Counties:

- **Camino Real Community Services**  
19965 FM 3175 N. Lytle, TX 78052  
Crisis Phone: 800-543-5750  
Main Phone: 210-357-0300  
Website: <http://www.caminorealcs.org/>

### Legal Assistance for Victims of Sexual Assault

- **Sexual Assault Legal Services and Assistance (SALSA)** <http://www.hopelaws.org/>
- **Brochure** <http://texaslawhelp.org/files/685E99A9-A3EB-6584-CA74-137E0474AE2C/attachments/1B4D5AD4-66B8-453F-80C7-0246AA06DAC2/legalresource.pdf>
- **Protective Order Information:** <http://home.bexar.org/da/DomesticViolence.html>
- **Bexar County District Attorney** <http://home.bexar.org/da/index.html>
- **Bexar County:**
  - **Bexar County Legal Aid**—210-227-0111
  - **San Antonio Community Law Center**—210-271-9595
  - **St. Mary's Law School**—210-431-2596
- **Comal County:**
  - **Comal County Legal Aid**—830-625-3439
  - **Crisis Center** (domestic violence/sexual assault)—800-434-8013



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- **Jewish Family Service:**

Attorney offers free legal advice on any matter the 1st & 3<sup>rd</sup> Tuesday of every month at 5:15 pm. (arrive at least 10 minutes early). Individuals are seen on a first-come/first-serve basis.

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

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

- **Surrounding Areas:**

- **Texas Rio Grande Legal Aid**—888-988-9996

### Conflict Resolution

- **Advocacy Inc. (Disability-related issues)**

(V/TDD) 800-252-9108

In San Antonio: 210-737-0499

Family Law Hotline: 800-777-3247

- **Bexar County Dispute Resolution Center:**

Trained volunteers offer mediation services to Bexar County residents at no cost. The Center also offers referral services and community outreach services. 210-335-2128

### Domestic and Dating Violence

- **Bexar County Family Justice Center** <http://www.bcfjc.org/crisis.html>
- **Center for Health Care Services** <http://www.chcsbc.org/>  
**CRISIS HOTLINE** 210.223.7233 (for all ages)
- **Family Violence Prevention Services** <http://www.fvps.org/>

### Disabilities

- **Texas Resource Guide on Disabilities** <http://governor.state.tx.us/disabilities/resources/>



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### Military, Veterans and Family Members

- **Military OneSource:** Offers resource information and support for military individuals & families. Services include childcare resources; obtaining counseling; and preparing for deployment, relocation & other transitions.  
Call Stateside: 800-342-9647 TTY/TDD: 1-866-607-6794  
Website: [www.militaryonesource.com](http://www.militaryonesource.com)
- **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.  
Website: [www.operationhomefront.net/texas](http://www.operationhomefront.net/texas)  
Phone: 210-659-7756 Toll-free: 800-722-6098
- **The Military Family Service Center** (Four Locations): Confidential Counseling at No Charge: <http://www.milfamily.org/>
- **ST. MARY’S UNIVERSITY**, Dept. of Counseling and Human Services Phone: 210-438-6410
- **Hope 4 Heroes:** Provides comprehensive counseling and support services for vets and their families. Website: [www.hope4heroes.org](http://www.hope4heroes.org)
- **Veterans in Crisis Line:** 1-800-273-8255 and Press 1
- **Grace After Fire:** An online women veterans’ peer network. Call toll-free for counseling: 1-800-362-6477; [www.graceafterfire.org](http://www.graceafterfire.org)
- **Tragedy Assistance Program for Survivors (TAPS):** Provides 24/7 info & support for survivors: 1-800-959-TAPS (8277); [www.taps.org](http://www.taps.org).
- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255); press 1 for Veterans
- **National Homeless Veterans Hotline:** 1-877-424-3838