Welcome!

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.

Most of these agencies function on a sliding-scale fee system. We recommend students contact these agencies directly 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:
We attempt to highlight low-cost services in this referral guide.
However, each agency may have different requirements to qualify.
Please contact these organizations directly for more information on their fees and eligibility requirements.

Contact NVC Counseling Services:

NVC Student Advocacy and Resource Center—Counseling Services
Desert Willow Welcome Center
Northwest Vista College
3535 N. Ellison Drive
San Antonio, TX 78251
210-486-HELP (4357) (front desk)
210-486-9202 (fax)
General Email:
acantu200@alamo.edu

Adriana Cantu, MS. LPC
Personal Counselor

Josh Smith, LCSW
Personal Counselor

Click Here for
NVC Counseling
Hours of Operation

Website:
https://www.alamo.edu/nvc/experience-nvc/
current-students/counseling-services/
Hotline Numbers

Alcohol & Drug Abuse Treatment Hotline .................................... 1-800-662-HELP (4357)
TDD (Telecommunications Device for the Deaf) ....................... 1-800-487-4889
Spanish Speaking.................................................................... 877-767-8432

Battered Women’s Hotline ...................................................... 210-733-8810

Bexar County Child/Elderly Abuse Reporting Hotline ............... 800-252-5400

Bexar County Crisis Hotline (Mental Health Crisis Team) ......... 800-316-9241
............................................................................................. 210-223-SAFE (7233)

CHADD (Children & Adults with ADHD) .................................. 800-233-4050

Child Abuse National Hotline ................................................. 800-4-A-Child (800-422-4453)

Domestic Violence National Hotline ...................................... 800-799-7233

Eating Disorder Helpline.......................................................... 800-931-2237

Learning Disabilities Association of America......................... 412-341-1515

LGBTQ Hotline (Trevor Project) .............................................. 866-488-7386

Mental Health/Substance Abuse Treatment Referral ................. 877-726-4727

Poison Center Network............................................................ 800-222-1222

Rape Crisis of San Antonio ..................................................... 210-349-7273

Sexual Assault National Hotline ............................................ 800-656-HOPE (4673)

Suicide Prevention Lifeline ..................................................... 800-273-8255
TTY (Teletype)........................................................................ 800-799-4889
............................................................................................. Text SIGNS to 741741

United Way Helpline ............................................................. 2-1-1
............................................................................................. 877-541-7905

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

CONTINUED ON NEXT PAGE
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

I Care San Antonio—Vision Center Services
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

Lions Club
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, re-location & other transitions.
800-342-9647
TTY/TDD: 1-866-607-6794
www.militaryonesource.com

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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

Give An Hour
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 re-
sources 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.ccaosaa.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/

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

“"The people who give you their food give you their heart.”
- Cesar Chavez

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
* 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

Child Care Program - Texas Workforce Commission
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

Bexar County Direct Client Services—Comprehensive Energy Assistance Program (CEAP)
The Direct Client Services Division receives funding from the State to offer financial assistance to eligible County residents for electric and natural gas bills. This assistance is designed to prevent utility disconnection and to assist households in becoming self-sufficient.
210-335-3666
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
http://www.ccccnbtx.org

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/

CentroMed
Behavioral health services.
210-922-7000
http://centromedsa.com

CommuniCare Health Centers
Individual psychotherapy, medication management.
210-233-7000
www.comunicaresa.org

Community Counseling Service—Our Lady of the Lake University
Counseling services for individual, couple, family.
210-434-1054

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.stmarytx.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

For emergencies, dial 9-1-1.
For mental health crisis, contact the 24-7 crisis hotline at 210-223-7233 or 800-316-9241
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

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/

“Determine the thing that can and shall be done, and then we
shall find the way.”
- Abraham Lincoln
Suicide Prevention

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
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/
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/

Jewish Family Service
Attorney Mike Robbins offers free legal advice on any matter the 1st & 3rd 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

“Injustice anywhere is a threat to justice everywhere.”
-Martin Luther King, Jr.
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).
https://fafsa.ed.gov

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

CONTINUED ON NEXT PAGE
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

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!
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