



Access to Care Pediatric & Family Mental Health
and Resilience

**20
26**

LOCAL RESOURCE GUIDE



**METROPOLITAN
HEALTH DISTRICT**



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1-800-316-9241 or (210) 233-SAFE

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In 2020, during the height of the COVID-19 pandemic, San Antonio Metro Health's Access to Care Initiative created the Clinician Ambassador Program as a resource for clinicians and their medical staff in the San Antonio area to improve public health using the evidence-based practice of academic detailing. In the summer of 2022, the program was awarded a grant from NACCHO and CDC to use academic detailing to assist pediatricians to identify, acknowledge and promote positive childhood experiences and strengths that contribute to improved mental and physical health while decreasing stigma. This resource guide was created as a part of that project.



**Questions?
Comments?
Contact us!**



Scan the QR code to access
the **Provider Interest Form**

Interested in an academic detailing session?

lucinda.zeinelabdin2@sanantonio.gov or visit
outlook.office365.com/book/AcademicDetailingSession@sanantonio.gov/



**METROPOLITAN
HEALTH DISTRICT**



For health alerts from Metro Health text
"DOCALERT" to 1-844-824-COSA (1-844-824-2672)
Message and data rates apply.

MENTAL HEALTH RESOURCES

Psychiatrists, Psychologists, Case Management, Counselors, and Parenting Resources

CRISIS LINES & HELP LINES

988 Suicide & Crisis Lifeline

24/7 Bexar County mental health crisis and substance use helpline.

 9-8-8

Alamo Area Rape Crisis Centers

Online chat: <https://rapecrisis.com/chat>
Mon-Fri, 8:00 a.m. - 5:00 p.m.

 4606 Centerview Dr. , Ste 240

 24-Hour Sexual Assault Hotline:
(210) 349-7273

Center for Healthcare Services (CHCS) Crisis Hotline

24/7 Bexar County mental health crisis and substance use helpline.

 1-800-316-9241 or
(210) 223-SAFE (7233)

Disaster Distress Helpline

Year-round disaster crisis counseling.

 Call or text: 1-800-985-5990

City of San Antonio Community Outreach & Resiliency Effort (CORE)

Trained mental health team consisting of SA police officer, SAFD paramedic, and CHCS clinician.

 Call 9-1-1 and specify that the
individual is experiencing a
mental health crisis.

Foster Youth Justice Project

FREE Legal Help for Current & Former Foster Youth.

 1-877-313-3688

National Alliance for Eating Disorders Helpline

Monday-Friday, 9:00 a.m. - 7:00 p.m. ET

 1-800-931-2237

National Runaway Safeline

24/7 Crisis Connection. Email, text, chat or call.

 1-800-786-2929
1-800-RUNAWAY

 1800Runaway.org

CRISIS LINES & HELP LINES cont'd

National Veterans Suicide Prevention Hotline

FREE confidential support 24/7, don't have to be enrolled in VA benefits/health care to connect. text, chat or call.

 Dial 988 and press 1 or text 838255

 [VeteransCrisisline.net](https://www.VeteransCrisisline.net)

Rise Recovery

24-hour helpline for substance related issues.

 (210) 227-2634

 info@riserecovery.com

 [RiseRecovery.org](https://www.RiseRecovery.org)

San Antonio Police Department Mental Health Unit

Trained mental health police officers; crisis response team.
Monday-Sunday: 7:00 a.m. – 11:00 p.m.

 (210) 207-7837 non-emergency

Texas Youth Helpline

FREE 24-hour confidential crisis helpline for youth and families in crisis. Help finding shelter, counseling, legal info and referrals.

 Call, text or chat. 1-800-989-6884

 [DFPS.Texas.gov](https://www.DFPS.Texas.gov)

Trevor Lifeline

24/7 FREE and confidential immediate crisis support and suicide prevention services to LGBTQIA+ young people ages 13-24. call, text and chat.

 1-866-488-7386 or text "START" to 678-678

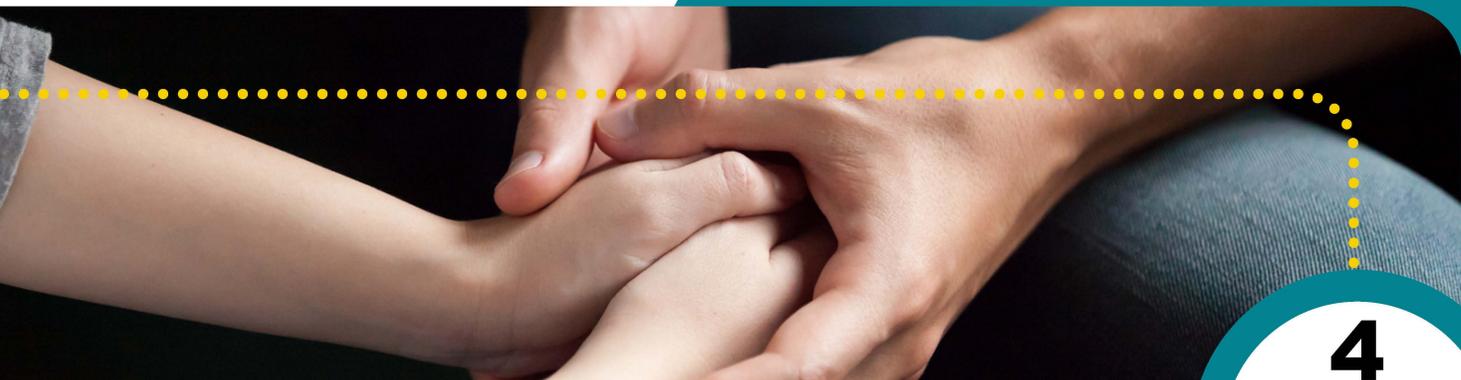
 [TheTrevorProject.org](https://www.TheTrevorProject.org)

Crisis Text Line

24/7 FREE confidential.

 Text HOME to 741741

 [CrisisTextLine.org](https://www.CrisisTextLine.org)



CLINICIAN-TO-CLINICIAN URGENT CONSULT

Child Psychiatry Access Network (CPAN)

Clinician Resource for patient care consultations, resources and referrals as well as CME and learning opportunities.

Monday-Friday 8:00 a.m. - 5:00 p.m.

 Enrollment: 1-888-901-2726 (CPAN), select option 3 for region and 2 for institution

 TCMHCC.UTSystem.edu

PeriPAN

Real-time access to a multidisciplinary network of mental health experts for clinician-to-clinician consultation for clinicians serving pregnant and postpartum women, personalized referrals, and behavioral health CMEs.

 1-888-901-2726

 TCMHCC.UTSystem.edu

AUTISM SERVICES

Autism Community Network

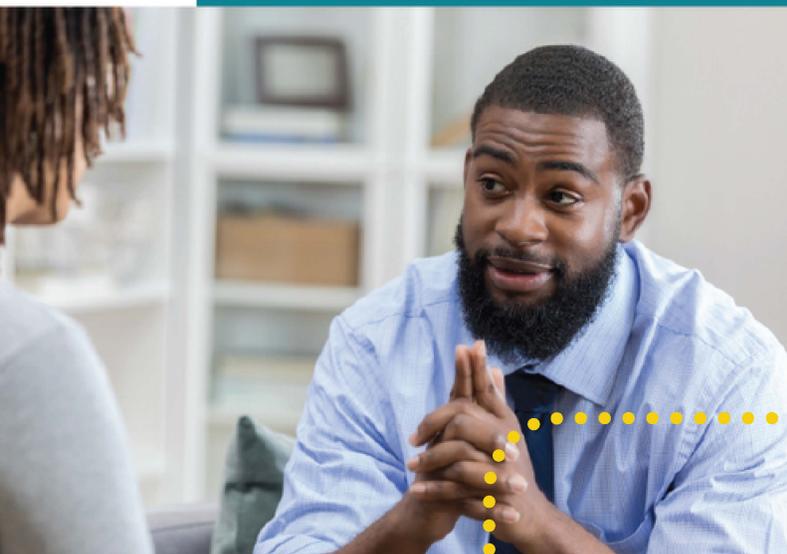
Listing of Autism Therapy Providers.

 ACN-SA.org

Autism LifelineLinks(ALL)

Eligibility: families and individuals with Autism Spectrum Disorders.

 AutismLifelineLinks.org



CASE MANAGEMENT

Alamo Area Council of Governments

Eligibility: 60+ years, developmental disabilities.

 2700 NE Loop 410 # 101

 (210) 477-3275

 AACoG.gov

Any Baby Can of Southwest Texas

Criteria for enrollment: child in the family with ANY medical diagnosis, incl. chronic illness, disability, developmental delay, or health risk, 0-17 years of age; live in Bexar or other eligible county.

 (210) 227-0170

 ABCOFSWTX.org

Bexar County Guardianship

Call to discuss referrals.

 233 N Pecos, Ste 320-G

 1-800-204-2222

 Bexar.org/3083/Guardianship

Baptist Child & Family Services

Criteria for enrollment: Must reside in a county of service and have a child age 6 through 17, who is still enrolled in school.

 (210) 733-7932

 BCFScsd.org

Center for Healthcare Services

Services for mental health, substance abuse and developmental disabilities.

 Appointment: (210) 261-CHCS (2427)
24/7 CRISIS HOTLINE:
(210) 223-7233

 CHCSbc.org

Family Violence Prevention Services

Services focused on children identified as victims/survivors of family violence.

 7911 Broadway

 (210) 930-3669

 FVPS.org

Guadalupe Home

Eligibility: homeless pregnant and parenting mothers over 18 years old.

 (210) 476-0707

 CCAoSA.org

House of Neighborly Service

Connects seniors to available resources depending on their needs.

 407 N Calaveras

 (210) 434-2301

 HNSToday.org

CASE MANAGEMENT cont'd

Jewish Family Services

Eligibility: services to seniors

 12500 NW Military #250

 (210) 302-6920

 JFS-SA.org

SLEW Cancer Wellness Center

Provides survivorship/aftercare services at no cost for financially qualified women recovering from and undergoing surgery, chemotherapy, and/or radiation treatment for cancer.

 12525 Nacogdoches Rd #104

 (210) 654-7900

 SLEWWellness.org

The Fairweather Family Lodge (FFL)

Services for chronically homeless women with mental illness and their children in San Antonio.

 6363 De Zavala Road

 (210) 431-6466

 Endeavors.org

YWCA - Women's Live and Learn Center

Eligibility: 18-25 years old

 503 Castroville Road

 (210) 433-9922

 YWCASA.org



COUNSELORS - ADULT

Center for Healthcare Services

Sliding scale; psychiatric treatment and medication, counseling, individual and group therapy.

 Appointment: (210) 261-CHCS (2427)
24/7 CRISIS HOTLINE:
(210) 223-7233
 CHCSbc.org

Child, Family, Adult Consultants

Medicare and Medicaid accepted.

 3030 Nacogdoches Road Suite #101

 (210) 826-9599
 CFAC-SA.com

Communicare

Behavioral Health Services offered at multiple clinic locations. 8:00 a.m. - 7:00 p.m. Mon-Fri.

 3066 E Commerce St

 (210) 233-7000
 CommunicareSA.org

Family Service Association

Sliding scale; Behavioral health services for adolescents, adults, and families.

 (210) 299-2406
 Family-Service.org

Guardian House

Sliding scale clinic/no eligibility requirements; small children to older adults, as well as individuals, couples, and families.

 (210) 733-3349
 GuardianHouse.org

LGBT: AARC Health Equity Clinic

Sliding scale, intake process, psychiatric treatment offered; eligibility: Must be HIV + .

 (210) 625-7200
 AARCSA.org

LGBT: Mind Your Self

Sliding scale; telehealth only with extended hours; adults, children and adolescents' therapy and counseling, Spanish speaking.

 (210) 564-9116
 MindyourselfCounseling.com

LGBT: Synchronicity Counseling, PLLC

Self-Determined Fee Schedule; Adult, children and family therapy.

 (210) 853-0503
 Synchronicity-Counseling.com

Methodist Healthcare Ministries

Sliding scale adults only counseling.

 (210) 527-1505
 MHM.org

COUNSELORS – ADULT cont'd

UT Health San Antonio Counseling and Psychotherapy

Medicaid and medicare accepted; Individual, group and specialty psychotherapy options.

 (210) 450-6450

 UTHSCSA.edu

COUNSELORS - FAMILY

Alamo Ranch Counseling and Wellness

Reduced rates with Student counselors; Adult and teens, Family, couples, and postpartum counseling.

 (210) 570-2060

 AlamoRanchCounseling.com

Aloe Vera Counseling

Sliding Scale; reduced rates with student counselors; ages 3 and older.

 (210) 901-8055

 AloeVeraCounseling.com

Baptist Child & Family Services

FREE eligibility: Must reside in a county of service and have a child age 6 through 17, who is still enrolled in school.

 (210) 283-5183

 BCFScsd.org

CentroMed

Sliding scale; Spanish speaking. Offered at various locations.

 (210) 922-7000

 CentroMedSA.com

Children's Bereavement Center of South Texas

FREE grief counseling: Mon–Thur 9:00 a.m.– 5:00 p.m.
Fri 9:00 a.m – 3:00 p.m.

 1205 W Olmos Dr

 (210) 736-4847 (HUGS)

 CBCST.org

Clarity Child Guidance Center

For children ages 3-17; offers outpatient therapy for individuals, groups and families.

 8535 Tom Slick

 (210) 616-0300

 ClarityCGC.org

Counseling4Life

Reduced rates with student counselors; adult and children counseling.

 (210) 209-0642

 Counseling4Lifellc.com

COUNSELORS – FAMILY cont'd

Empower House

FREE services to aged 12 - 19 and their parents/caregivers; individual, group, and family counseling.

 EmpowerHouseSA.org

Family Life Center at St. Mary's University

Sliding scale; Couples, child and adult counseling. Spanish available: Mon – Thur 9:00 a.m. - 8:00 p.m. Fri 9:00 a.m. - 4:00 p.m. Sat 9:00 a.m. - 1:00 p.m.

 (210) 438-6411

 StMaryTX.edu

 251 W. Ligustrum

Jewish Family Services

Sliding scale; Services for 5 years and older.

 12500 NW Military Hwy #250

 (210) 302-6920

 JFS-SA.org

Our Lady of the Lake University's Community Counseling Service (CCS)

Sliding scale, Medicaid, walk-in services; individual, couple, or family counseling; telehealth available; extended hours; Spanish speaking.

 590 N General McMullen Ste 3

 (210) 434-1054

Walk-in Clinic Hours 10 a.m.-5 p.m.

 OLLUSA.edu

Rhapsody Counseling

Sliding scale/medicaid, telehealth; all ages, support group.

 (210) 286-9339

 RhapsodyCounseling.com

San Antonio Counseling and Behavioral Center

Medicare and Medicaid accepted.

 1350 N Loop 1604 E, Ste 106

 (210) 614-4990

 SACounselingCenter.com

Sarabia Family Counseling Center

FREE services to the community for individuals, couples and families.

 501 W. César E. Chávez Blvd
Durango Building, Room 3.304

 (210) 458-2055

 Education.UTSA.edu

COUNSELORS - FAMILY cont'd

St. PJ's Children's Home Counseling Program

Sliding scale; counseling for children and families, eligibility: Former residents of St. PJs, Victims of crime including sexual, physical, and verbal abuse; people w/anxiety, depression, grief, transitional issues.

 (210) 533-1203

 www.StPJHome.org

Taylor Counseling Group

Sliding scale; reduced rates with student counselors; all ages.

 (214) 530-0021

 TaylorCounselingGroup.com

YMCA

FREE for non-members; services for 12 and older; veterans, seniors, couples.

Mon - Thur 9:00 a.m. – 8:00 p.m.

Sat 9:00 a.m. - 1:00 p.m.

 (210) 796-3732

 YMCASATX.org

COUNSELORS - PEDIATRIC

Alamo Ranch Counseling and Wellness

Reduced rates with student counselors; teen counseling.

 (210) 570-2060

 AlamoRanchCounseling.com

Aloe Vera Counseling

Low-Cost Sliding Scale; Reduced rates with student counselors for ages 3 and older.

 (210) 901-8055

 AloeVeraCounseling.com

Big Mama's Safe House

FREE individual therapy sessions and support groups for ages 8 and older.

 (281) 509-1397

 safehousebigmama@gmail.com

 BigMsHouse.com

Center for Healthcare Services

Sliding scale; psychiatric treatment and medication, counseling, individual and group therapy.

 Appointment: (210) 261-CHCS (2427)
24/7 CRISIS HOTLINE:
(210) 223-7233

 CHCSbc.org

COUNSELORS - PEDIATRIC cont'd

Clarity Child Guidance Center

Only nonprofit mental health center in south TX dedicated to mental health treatment for children ages 3-17.

 8535 Tom Slick

 (210) 616-0300

 ClarityCGC.org

Counseling4Life

Reduced rates with student counselors for ages 2 and older.

 (210) 209-0642

 Counseling4Lifellc.com

Empower House

FREE counseling services to youth aged 12 to 19.

 EmpowerHouseSA.org

Family Life Center at St. Mary's University

Sliding scale; child counseling, play therapy
Mon – Thur 9:00 a.m. - 8:00 p.m.

Fri 9:00 a.m. - 4:00 p.m.

Sat 9:00 a.m. - 1:00 p.m. Spanish available

 251 W. Ligustrum

 (210) 438-6411

 StMaryTX.edu

Jewish Family Services

Sliding scale; Services for 5 years and older.

 (210) 533-1112

 jfs-sa.org

Let's Talk Counseling Services

Sliding scale/Medicaid, telehealth; child and adolescents; Specializes in Domestic Violence, addiction, Trauma and PTSD.

 (210) 213-5780

 letstalkcounselingservices.com

LGTBQ: Family Service Association

Sliding scale; ages 0 to 8 years of age.

 (210) 299-2406

 Family-Service.org

Taylor Counseling Group

Reduced rates with student counselors; all ages; sliding scale.

 (214) 530-0021

 TaylorCounselingGroup.com

COUNSELORS - PEDIATRIC cont'd

The Center for Healthcare Services

Paul Elizondo Adult Behavioral Health Clinic

📍 928 W. Commerce

Children's Behavioral Health Clinic at Drexel

📍 6812 Bandera Rd, Ste 102

📞 Enrollments: (210) 261-CHCS (2427)

🌐 CHCSbc.org

The Ecumenical Center for Counseling

Reduced rates with student counselors; all ages; sliding scale.

📍 8310 Ewing Halsell Drive

📞 (210) 616-0885

🌐 ECRH.org

Rhapsody Counseling

Sliding scale/medicaid, telehealth; all ages, support groups.

📞 (210) 286-9339

🌐 RhapsodyCounseling.com

St. PJ's Children's Home Counseling Program

Sliding scale; counseling for children eligibility: Former residents of St. PJs, Victims of crime including sexual, physical, and verbal abuse; people w/anxiety, depression, grief, transitional issues.

📞 (210) 533-1203

🌐 StPJHome.org

YMCA

FREE for non-members; services for 12 and older
Mon-Thur 9:00 a.m. – 8:00 p.m.
Sat 9:00 a.m. - 1:00 p.m.

📞 (210) 796-3732

🌐 YMCASATX.org



PARENTS, CAREGIVERS, AND FAMILIES SUPPORT

Alamo Area Council of Governments - Alamo Caregiver Empowerment – ACE

Respite care, Health Maintenance, Income Support, Residential Repair, Emergency Response Systems, Chore Maintenance, Mental Health Counseling.

 (210) 477-3275

 AACoG.gov

Any Baby Can of Southwest Texas

No cost services, regardless of income, to families with a child birth through 17 years old with ANY medical diagnosis, incl. chronic illness, disability, developmental delay, or health risk.

 (210) 227-0170

 ABCofSWTX.org

AVANCE

For low-income families with infants and toddlers, from 6-weeks - 3 yr. English and Spanish.

 (210) 899-1500

 AvanceSA.org

Boysville - Supporting Parents and Reaching Kids (SPARK)

FREE for guardians of children 0 -17 years;
8-week family workshop.

 8555 E. Loop North, Converse, TX 78109-0369

 (210) 659-1901

 BoysvilleTexas.org

Family Unit-iversity

Eligibility: guardians of 0-3 aged children residing in San Antonio.

 (210) 212-2542

 ChildrensShelter.org

Compadre y Compadre

 Point of Contact: Daisy Garcia
O: (210) 212-2564 C: (210) 952-8168

 dcgarcia@chshel.org

 ChildrensShelter.org

Empower House

Black Parenting Program, Triple-P Positive Parenting classes; virtual available; Spanish available.

 EmpowerHouseSA.org

Guadalupe Home

Eligibility: homeless pregnant and parenting mothers over 18 years old. Parenting, financial, and job readiness education.

 (210) 476-0707

 CCAoSA.org

PARENTS, CAREGIVERS, AND FAMILIES SUPPORT cont'd

HIPPY - Home Instruction for Parents of Preschool Youngsters

FREE program; FREE childcare educational items.

 1906 Castroville Rd

 Point of Contact: Alejandra Torres
(210) 432-2374

 MadonnaCenterSA.org

House of Neighborly Service

Eligible families qualify for FREE opportunities to receive tools and skills to strength relationship in family through therapy and support in the classroom.

 407 N Calaveras

 (210) 434-2301

 HNSToday.org

iParent

Eligible guardians of one child between 0-5 residing in Bexar county qualify for a FREE 7 week parenting course.

 Point of Contact: Daisy Garcia
O: (210) 212-2564 C: (210) 952-8168

 dcgarcia@chshel.org

 ChildrensShelter.org

Latched

FREE eligibility: pregnant or w/ a child under 36 months; parenting classes; car seat safety, material assistance.

 8102 Midcrown Dr

 (210) 504-8015

 LatchedSupport.com

MELD - Parenting Program

FREE weekly hour-long parenting classes.

 Point of Contact: Andrea
(210) 810-5430

 MHM.org

Nurse-Family Partnership

FREE nurse home visits until child is 2 years old for Low-income, first-time mothers less than 28 weeks pregnant in bexar county.

 The Children's Shelter -
(210) 212-2534

Catholic Charities NFP -
(210) 226-3030

University Health System -
(210) 644-4137

 ChildrensShelter.org

Nurturing Families

FREE classes for parents of prenatal to 36 months old children; Spanish speaking.

 1801 W Cesar E. Chavez Blvd.

 Point of Contact: Natasha Bridges
(210) 222-1294

 CCAoSA.org

Parents as Teachers

FREE parenting program for prenatal - 3 years old, virtual or in-person; must meet eligibility requirements.

 202 W French Place

 (210) 242-3121

 CCAoSA.org

RAYS- Realizing and Achieving Your Success: A Parenting Program

FREE childcare items, counseling services; parenting, nutrition, and financial classes.

 7607 Somerset Road

 (210) 334-2300

 ADSSA.org

Supporting Dads

FREE sliding scale/medicaid, telehealth; all ages, support groups. Spanish available, only for parent of 0-17 year old child.

 (210) 226-6178

 CCAoSA.org

San Antonio Birth Doulas

FREE testing through labor and birth support to pregnant Texas residents or w/ child under 36 months; Spanish available.

 4522 Fredericksburg Road # A-17

 (210) 222-0988

 SABirthDoulas.org

Texas Diaper Bank - The Parenting Essentials Program

Diapers, period supplies, and other essentials for children aged 0–36 months. Must meet eligibility requirements.

 1803 Grandstand Dr #150

 (210) 731-8118

 TexasDiaperBank.org

Texas Parents as Teachers

 PO Box 38405 Dallas, TX 75238

 (210) 568-8958 - txpat@txpat.org

 TXPAT.org

Triple P- Positive Parenting Program

FREE parenting program for San Antonio and Bexar county families.

 PO Box 38405 Dallas, TX 75238

 triplep@sanantonio.gov

 Triplep-Parenting.com

YWCA San Antonio

Eligibility: 18-25 years old. Services: housing, Trauma informed case management, financial literacy, homeownership training, early childhood education.

 503 Castrovilla Rd 78237

 (210) 433-9922

 YWCASA.org

PSYCHIATRIC INPATIENT SERVICES - ADULTS

Baptist Medical Center

55+ only

 111 Dallas St

 (210) 297-7540

 BaptistHealthSystem.com

Cedar Hills Behavioral

Inpatient psychiatric treatment.

 1975 Babcock Road

 (210) 876-5001

 CedarHillsBehavioral.com

Laurel Ridge Treatment Center

Inpatient, outpatient, or partial hospitalization mental health, dual diagnosis program, electroconvulsive therapy treatment, Military services, and more.

 17720 Corporate Woods Dr

 (210) 491-9400

 LaurelRidgetC.com

Methodist Specialty & Transplant Hospital

Partial Hospitalization Program, Intensive Outpatient Program, Partial Hospitalization Program. 18+

 8026 Floyd Curl Dr

 (210) 575-0500

 SAHealth.com

Northeast Baptist Hospital

55+ only.

 8811 Village Dr

 (210) 297-2000

 BaptistHealthSystem.com

San Antonio State Hospital

Hospitalization, forensic competency restoration, adult psychiatric services.

 6711 South New Braunfels Ave

 (210) 532-8811

 HHS.Texas.gov

San Antonio Behavior Healthcare Hospital

Inpatient Hospitalization, Partial Hospitalization, Intensive Outpatient Program.

 8550 Huebner Rd

 (210) 541-5300

 SanAntonioBehavioral.com

PSYCHIATRIC INPATIENT SERVICES - ADULTS cont'd

South Texas Veterans Health Care System

Hospitalization, forensic competency restoration, adult psychiatric services.

 7400 Merton Minter Blvd

 (210) 949-3981

 VA.gov

University Health System

Adults only

 (210) 358-3108

 UniversityHealth.com

PSYCHIATRIC INPATIENT - CHILDREN/ADOLESCENTS

Clarity Child Guidance Center

Largest concentration of child and adolescent psychiatrists in South Texas, partial hospitalization (intensive day treatment); and inpatient treatment for children 3-17.

 8535 Tom Slick

 (210) 616-0300

 ClarityCGC.org

Laurel Ridge Treatment Center

Inpatient Hospitalization, Residential Treatment Program, Partial Hospitalization Program.

 17720 Corporate Woods Dr

 (210) 491-9400

 LaurelRidgetC.com

San Antonio Behavioral Health Care Hospital

Inpatient Hospitalization, outpatient services, Partial Hospitalization Program.

 8550 Huebner Rd

 (210) 541-5300

 SanAntonioBehavioral.com

PSYCHIATRIC URGENT CARE

Center for Healthcare Services

All ages, must go through intake; Local Mental Health Care Authority.

 Appointment: 210-261-CHCS (2427);
24/7 CRISIS HOTLINE: 210-223-7233

 CHCSbc.org

PSYCHIATRIC URGENT CARE cont'd

Clarity Child Guidance Center

24/7 crisis services offering emergency assessment for children ages 3-17 who need immediate mental health intervention by a licensed behavioral health professional; walk-ins welcome.

 **8535 Tom Slick**

 **(210) 616-0300**

 **ClarityCGC.org**

Sigma Mental Health Urgent Care

Crisis services, walk-in and same day psychiatry assessment; private pay clinic - Medicaid, Medicare, and Private Insurance not accepted.

 **1314 E Sonterra Blvd Suite 5101**

 **(210) 314-4564**

 **SigmaMHUC.com**

PSYCHOLOGIST - CHILDREN/ADOLESCENTS

Center for Healthcare Services: Behavioral Health Clinic at Drexel

All ages; psychiatric evaluation and medication monitoring.

 **Appointment: 210-261-CHCS (2427);
24/7 CRISIS HOTLINE: 210-223-7233**

 **CHCSbc.org**

Clarity Child Guidance Center

Clarity offers the region's largest concentration of child and adolescent clinicians in South Texas.

 **8535 Tom Slick**

 **(210) 616-0300**

 **ClarityCGC.org**

Children's Mobile Outreach Team (CMOT)

Youth 3-17 years - for immediate crisis assessments.
M-F 8:00 a.m. - 8:00 p.m.

 **227 W Drexel Ave**

 **(210) 223-SAFE (7233)
1-800-316-9241**

 **CHCSbc.org**

CHRISTUS Children's Psychology Clinic

Wide range of behavioral health services to children and adolescents.

 **333 N. Santa Rosa St 3rd Floor**

 **(210) 704-0406**

 **ChristusHealth.org**

Lucine Center for Trauma & Grief

Teletherapy services accessible to Texas residents 8 – 18 years old. All services FREE of charge. No urgent/crisis appointments. M-F 9:00 a.m. – 5:00 p.m. Spanish available

 (832) 244-9502

 LucineCenter.com

UT Health San Antonio's Psychiatry and Behavioral Health

Medicaid accepted; evaluation and treatment for anxiety, depression, bipolar disorder, ADD/ADHD, and more.

 (210) 450-6450

 UTHSCSA.edu

SCHOOL-BASED SERVICES

After School Challenge Program

Sliding scale; eligibility: students in Edgewood ISD, Harlandale ISD, San Antonio ISD, South San ISD, Southwest ISD

 SA.gov

Children's Bereavement Center of South Texas - School-Based Program

Eligibility: students in South San Antonio ISD, Harlandale ISD, San Antonio ISD, Northside ISD, and Judson ISD

 (210) 736-4847

 CBCST.org

 205 W Olmos Dr

Pre-K 4 SA

Eligibility: 3- and 4-year-olds can attend Pre-K for free if they meet requirements.

 (210) 206-7735 (PREK)

 Prek4SA.com

Texas Child Health Access Through Telemedicine (TCHAT)

Telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services.

 TCMHCC.utsystem.edu

YWCA San Antonio

Preschool and afterschool childcare services for children 6 weeks to 12 years of age, teen leadership program, free summer camps, and more.

 (210) 433-9922

 YWCA.org

SOCIAL AND EMOTIONAL SKILL BUILDING

DreamSA

FREE events on higher Education, Careers, Volunteering, Health & Well-being and the Arts.

 10500 Nacogdoches Rd

 (210) 207-8850

 IdreamSA.com

KLRN

FREE Plan and Learn Program for children under 5.

 (210) 270-9000

 KLRN.org

Project Worth & Teen Ambassador Program

Volunteer-based leadership development opportunity for youth in 7th to 12th grade.

 10500 Nacogdoches Rd

 (210) 207-8850

 projectworth@sanantonio.gov

 IDreamSA.com

National Alliance On Mental Illness (NAMI) San Antonio

Free education classes and support services for families and peers

 6800 Park Ten Blvd #248-E

 (210) 939-9999

 NAMI-SAT.org

San Anto Cultural Arts

Arts skills building journalism, community art murals, after school arts programs, garden-centered youth program.

 2120 El Paso St

 SanAnto.org

The Parks and Recreation Department

FREE art classes, summer camps, nature and science, and sports.

 (210) 207-3047

 SA.gov

The San Antonio Public Library

FREE play, educational events, and socializing for children and teens up to 18 years old.

 (210) 207-2500

 MySAPL.org

THErapy SERVICES

Center for Healthcare Services

Sliding scale/Medicaid/Medicare, individual and group therapy.

 Appointment: 210-261-CHCS (2427);
24/7 CRISIS HOTLINE: 210-223-7233

 CHCSbc.org

Clarity Child Guidance Center

for children ages 3-17; offers outpatient therapy for individuals, groups and families; partial hospitalization (day treatment) during daytime; and inpatient treatment for children in crisis and/or experiencing long-term complex challenges

 (210) 616-0300

 ClarityCGC.org

 8535 Tom Slick

Ecumenical Center

Reduced rates with student counselors; Individual and group therapy, crisis services, Music & Art Therapy, Neruofeedback, EMDR/Trauma.

 (210) 616-0885

 ERCH.org

 8310 Ewing Halsel

Let's Talk Counseling Services

Sliding scale/Medicaid, telehealth; all ages. Specializes in Domestic Violence, addiction, Trauma and PTSD.

 (210) 213-5780

 LetsTalkCounselingServices.com

 1802 NE Loop 410, Ste 301D

LGBT: Alamo Area Rape Crisis Centers

FREE Individual and group therapy, case management crisis services for survivors of sexual violence and their family members (children and adolescent services available) Spanish available; Walk-In crisis services 8:00 a.m. to 5:00 p.m. Monday - Friday.

 24-Hour Sexual Assault
Hotline: (210) 349-7273

Office: (210) 521-7273

 RapeCrisis.com

 4606 Centerview Dr Ste 240

Neely Counseling Center

Reduced rates with student counselors; teletherapy available - teens, couples, individual; available on Saturdays.

 (210) 523-4200

 admin@neelycounseling.com

 NeelyCounseling.com

 11152 Westwood Loop Ste 122

THErapy

SUPPORT GROUPS - GRIEF SUPPORT

Children's Bereavement Center of South Texas

Groups for youth and their caregivers.

 205 W Olmos Dr

 (210) 736-4847

 CBCST.org

Ecumenical Center- Life After Loss

FREE two-hour grief/bereavement support groups, once a week for six weeks.

 (210) 616-0885

 ECRH.org

Porter Loring Family Care Services

Grief support for seniors, women, younger men and women, parents who have lost a child, and more.

 Point of Contact: Molly O'Phelan, PhD, RN, LMFT (210) 227-8221

 PorterLoring.com

Survivors of Loved Ones' Suicides

FREE group for those coping with loss of loved one from suicide. Meets every first and third Wednesday evening of every month from 7:00 p.m to 8:30 p.m.

 8310 Ewing Halsell Drive

 Point of Contact: Tony Mata: (210) 885-7069

 solossanantonio@gmail.com

 SoLOSSA.org

MENTAL HEALTH SUPPORT

Depression and Bipolar Support Alliance (DBSA) San Antonio

Monday night at 7:00 p.m.; virtual options available.

 DBSAAlliance.org

NAMI Connection Recovery Support Group

FREE peer-led support group for any adult who has experienced symptoms of a mental health condition; 90 minutes long; meets weekly, every other week or monthly.

 10703 Wurzbach Rd McDonald's Family Center Room 104

 NAMI.org

Recovery International

FREE virtual mental health support groups; Spanish speaking available.

 RecoveryInternational.org

MENTAL HEALTH SUPPORT cond't

SA Clubhouse

In-Person or virtual, FREE Dual Diagnosis and general overall health; 1:1 Peer Support.

 6851 Clubhouse Way, Ste. 200

 (210) 899-0434

 [MyConnectionCenter.org](https://www.MyConnectionCenter.org)

The Prosumers of San Antonio

 CSS Building 6655 First Park Ten Blvd.# 102

 1-800-577-3795

 [TheProsumers.org](https://www.TheProsumers.org)

LGBTQ+ SUPPORT

Fiesta Youth

Groups for young adults, teens, and kids; in-person and virtual.

 (210) 390-0730

 [Fiesta-Youth.org](https://www.Fiesta-Youth.org)

LGBT: Porter Loring Family Care Services

Eight-week support group.

 1303 McCullough Avenue # 160

 Point of Contact: Molly O'Phelan, PhD, RN, LMFT (210) 227-8221

 [PorterLoring.com](https://www.PorterLoring.com)

Pride Center San Antonio

Groups for: Black and Queer folks, latina/o/e, loved ones of transgender folks, trans masc, women in transition, and more.

 1303 McCullough Avenue # 160

 (210) 370-PRIDE (7743)

 [PrideCenterSA.org](https://www.PrideCenterSA.org)

PFLAG San Antonio

Support group meets first Thursday of each month @ 7:00 p.m. CST.

 6333 De Zavala Road

 (210) 848-7407

 [PFLAGSanAntonio.org](https://www.PFLAGSanAntonio.org)

San Antonio Gender Association

Meets 1st & 3rd Thursdays, every month; 6:00 – 9:00 p.m.; virtual support group.

 1303 McCullough Avenue # 160

 [SAGender.org](https://www.SAGender.org)

PARENT SUPPORT GROUPS

Alamo Ranch Counseling and Wellness

FREE or affordable support groups for mothers' children under 6.

 11220 W Loop 1604 N Bldg 1 Suite 119

 (210) 570-2060

 AlamoRanchCounseling.com

Any Baby Can of Southwest Texas

Funeral assistance, grief counseling, palliative care Services are offered to parents/guardians who lost a child 0-17 yr, must reside in Bexar County or the 16 surrounding counties.

 (210) 227-0170

 bereavement@abcsa.org
POC for providers: Desiree Holmes

 ABCofSWTX.org

MyAutismTeam

Virtual support for parents of kids with autism.

 MyAutismTeam.com

Sarah's Heart

Group for grieving miscarriage, stillbirth and early infant death.

 8103 Broadway #205

 (210) 826-1552

 Sarahs-Heart.org

RECOVERY SUPPORT GROUPS

Alcoholics Anonymous (AA)

FREE support group for people with alcohol addiction; in-person and virtual meetings; Spanish available

 24/7 Helpline:
English 210-828-6235
Espanol 210-409-8524

 AASanAntonio.org

The Ecumenical Center

Groups covering cancer, mental health, chronic disease, and more.

 8310 Ewing Halsell

 (210) 616-0885

 ECRH.org

Esperanza Area of Narcotics Anonymous (NA)

FREE support group for people with substance use disorders

 24/7 helpline (210) 434-0665

 EANAOnline.org

RECOVERY SUPPORT GROUPS cont'd

Family Service Association

Peer/Recovery Support Services, Mental Health: individual/group therapy, case management crisis services.

 (210) 299-2406

 Family-Service.org

Rise Inspire Academy

A high school for students actively seeking sobriety from drugs and alcohol.

 2803 Mossrock

 (210) 227-2634

 RiseRecovery.org

Rise Recovery

Peer recovery, support services for youth, young adults and families; educational classes and social activities.

 2803 Mossrock

 (210) 227-2634 24-hour helpline:
(210) SAY-CARE(729-2273)

 RiseRecovery.org

LGBT: Be Well Texas

FREE SERVICES: 11 or older; Psychiatric evaluation, medication management, counseling, peer recovery support, technology tools and case management; in-person and virtual appointments.

 5109 Medical Dr., Floor 4

 24/7: 888-85-BeWell
Peer support: Call or Text
(833) 922-2557

 BeWellTexas.org

LGBT: RecoveryLink

Online peer support groups for substance use, mental health, disordered eating, trauma, and any other quality of life concern.

 MyRecoveryLink.com

SACADA - San Antonio Council on Alcohol & Drug Awareness

Telephonic and virtual recovery support is available from 7:00 a.m. - 8:00 p.m. M-F. Recovery Support Groups via Zoom are held daily at 2:00 p.m. and 6:00 p.m. M-F.

 South Texas Centre, Dave Coy Building
7500 Hwy 90 West, Ste 201

 (210) 225-4741

 SACADA.org

Smart Recovery

Program for addictive behavior, including both substance and activity/process addictions meet every Tuesday, 6:30 p.m. to 8:00 p.m.

 2015 NE Interstate 410 Loop

 Meetings.SmartRecovery.org

SIBLING AND YOUTH SUPPORT SERVICES

Family Service Association

Educational services, youth education, internships, Family strengthening, divorce support, childshare, respite care.

 (210) 299-2406

 Family-Service.org

Texas Family Voice Network

Peer support for families of children and young adults with behavioral health challenges.

 TXFVN.org

MATERNAL HEALTH SUPPORT

Alamo Ranch Counseling and Wellness

FREE or affordable emotional support group for pregnant and postpartum mothers.

 (210) 570-2060

 AlamoRanchCounseling.com

Charlie Health

Virtual; medicaid accepted; perinatal mood and anxiety disorders (PMADs)

 1 (866) 948-2178

 CharlieHealth.com

Methodist Women's Center

FREE prenatal Beyond Baby Blues course open to public. FREE postpartum support groups offered at Methodist Hospital Specialty and Transplant.

 (210) 575-0261 (prenatal class)
(210) 575-0217 (support group)

 SAHealth.com

 4499 Medical Drive, # 340

Monarch Behavioral Health

Medicaid and Medicare plans; postpartum depression/anxiety treatment, death of infant or baby in utero, lack of support during pregnancy or postpartum (not sliding scale)

 (210) 384-1254

 MonarchBehavioral.net

 18838 Stone Oak Pkwy # 201

Post Partum Support International (PPI)

FREE/virtual support groups; Provider Directory for perinatal mental health issues.

 24/7 HelpLine: 1.800.944.4773
National Maternal Mental Health
Hotline 1-833-943-5746

 PostPartum.net

MATERNAL HEALTH SUPPORT cont'd

USAWA

Monthly membership fee; maternal and perinatal mental health certified therapists, trauma-informed approach, EMDR, group and individual therapy, classes.

 11901 Toepperwein Rd # 1202

 (210) 951-3479

 MyUSAWA.org

Yanawana Herbolarios - Womxn's Clinic

FREE private, scheduled appointment with a midwife.

 2120 El Paso St

 (210) 872-8005

 YanawanaHerbolarios.org

SUBSTANCE USE RESOURCES - ADOLESCENT TREATMENT

Center for Healthcare Services

Sliding scale; psychiatric treatment and medication, counseling, individual and group therapy. Medication Assisted Treatment for 13-17

 Appointment: 210-261-CHCS (2427); 24/7 CRISIS HOTLINE: (210) 223-7233

 CHCSbc.org

Elite Counseling

Outpatient services to adolescents 13-17 years old available regardless of ability to pay.

 700 South Zarzamora Street

 (210) 822-9493

LGBT: Be Well Texas

FREE outpatient services services for adolescents ages 11 years and older, Medication-Assisted Treatment and recovery support services.

 5109 Medical Dr., Floor 4

 24/7: 888-85-BeWell peer support: (888) 852-3935

 BeWellTexas.org

Project Strong Life

FREE one-on-one case management service for youth 8-18 years who are experiencing trauma/decreased wellness from substance use.

 (210) 225-4741

 SACADA.org

HARM REDUCTION SERVICES

Bexar Area Harm Reduction Coalition (BAHRC)

FREE harm reduction kits every Saturday 10:00 a.m. - 12:00 p.m. CT

 1523 N Zarzamora St

 (210) 504-7915

 BAHRCSA.org

Corazon Harm Reduction Outreach & Drop-In

FREE harm reduction services, needle exchange, sharps disposal, naloxone, wound care, and more. M-F 8:30 - 4:30 p.m.

 504 Avenue E

 (210) 238-5564

 CorazonSA.org

CVS/Walgreens

Provide Narcan w/o Rx; co-pay may be between \$0-\$100.

South Texas Overdose Prevention

FREE harm reduction supplies to eligible people 18 and older living in qualifying counties.

 admin@stxodprevention.com

 STXOdPrevention.com

Naloxone Texas at UT Health San Antonio

Education on naloxone administration and free naloxone.

 5109 Medical Drive

 (210) 450-8955

 NaloxoneTexas@uthscsa.edu

 NaloxoneTexas.com

TREATMENT - INPATIENT

Cenikor San Antonio

Residential drug and alcohol rehabilitation for women only, ages 18 and older.

 Admin: 419 E Magnolia Ave

 (210) 735-3822

 Cenikor.org

Banyan Treatment Centers

Inpatient and outpatient residential treatment for substance use and co-occurring disorders. Detox services to the description

 4168 Co. Rd. 444 Wadley, TX 78959

 (855) 927-0737

 BanyanTreatmentCenter.com

TREATMENT - INPATIENT cont'd

Blue Heron Recover

Partial Hospitalization, Intensive Outpatient, Outpatient therapy, evening IOP.

 2015 NE Loop 410 # 7

 (888) 403-6608

 BlueHeronRecovery.com

Center for Healthcare Services (CHCS) Residential Detox

Intensive inpatient residential substance use programs for pregnant women, mothers, and adults.

 Appointment: (210) 261-CHCS (2427); 24/7 CRISIS HOTLINE: 210-223-7233

 CHCSbc.org

Lifetime Recovery

sliding scale/medicaid, Residential Treatment for people seeking treatment for substance use disorder. NO ONE IS EVER TURNED AWAY FOR LACK OF FINANCIAL RESOURCES.

 96 Crossroads Blvd., 2nd floor

 (210) 734-6362

 LifetimeRecoveryTX.org

LGBTQ: Starlite Recovery Center

Addiction Recovery for Adults, Christians, LGBTQ+ Veterans and Active Military.

 230 Mesa Verde Dr

 (866) 796-9114

 StarliteRecovery.com

New Choices Treatment Center

Detox, residential, intensive outpatient, and outpatient services.

 3050 Eisenhower Rd

 (210) 693-1929

 NewChoicesTC.com

LGBTQ: San Antonio Recovery Center

Medication-Assisted Treatment, inpatient detox services, residential, aftercare services and intensive outpatient programs.

 (866) 957-7885

 SanAntonioRecoveryCenter.com

The Right Step Hill Country

Addiction therapy, substance abuse treatment programs, dual diagnosis treatment. Medicaid accepted.

 (844) 921-4386

 RightStepRehabHillCountry.com

TREATMENT - OUTPATIENT

Alpha Home Outpatient

Outpatient gender-specific rehabilitation groups for men and women.

 **Admin: 419 E Magnolia Ave**

 **(210) 735-3822**

 **AlphaHome.org**

Banyan Treatment Centers

Inpatient and outpatient residential treatment for substance use and co-occurring disorders.

 **4168 Co Rd 444 Waelder, TX 78959**

 **(855) 927-0737**

 **BanyanTreatmentCenter.com**

Be Well Texas

Services for people ages 11 and up with substance use disorder available regardless of ability to pay.

Virtual visits available.

Monday - Friday 9:00 a.m. - 9:00 p.m.

 **24/7 line: 888-85-BeWell
peer support line: (833) 922-2557**

 **BeWellTexasClinic.org**

Center for Healthcare Services (CHCS)

Detox, residential, intensive outpatient, and outpatient services.

 **Appointment: (210) 261-CHCS
(2427); 24/7 CRISIS HOTLINE:
(210) 223-7233**

 **CHCSbc.org**

LGBTQ+ : San Antonio Recovery Center

Partial Hospitalization, Intensive Outpatient Programming, Family Program.

 **5806 Culebra Rd
7122 San Pedro
8975 Cagnon Rd**

 **(866) 957-7885**

 **SanAntonioRecoveryCenter.com**

Lifetime Recovery

Sliding scale/medicaid, Outpatient Counseling, Recovery Support Services, Coaching, Medication assisted treatment.

 **96 Crossroads Blvd**

 **(210) 734-6362**

 **LifetimeRecoveryTX.org**

TREATMENT - OUTPATIENT cont'd

MedMark Treatment Centers

Medicare/Medicaid; opioid treatment program, Substance Use Counseling, medication assisted treatment.

 7428 Military Dr W, Ste D
5121 Crestway Dr, Ste 201

 (210) 794-8677

 [MedMark.com](https://www.MedMark.com)

Methodist Specialty and Transplant Hospital

Inpatient, intensive outpatient, MAT, Mental health services, case management, medication management crisis services.

 8026 Floyd Curl Dr

 (210) 575-8110

 [SAHealth.com](https://www.SAHealth.com)

New Season Treatment Center

Medicaid/Medicare Medication-Assisted Treatment and Counseling.

 3701 West Commerce
3615 Culebra Road

 (877) 284-7074

 [NewSeason.com](https://www.NewSeason.com)

River City Rehabilitation Center

Medicare/Medicaid, outpatient medication assisted treatment.

 680 Stonewall Ave
1149 S. Academy Ave

 (210) 924-7547

 [RiverCityRehabCenter.com](https://www.RiverCityRehabCenter.com)

Texas Treatment Services, LLC - STOP SA

Medicare/Medicaid; medication assisted treatment, substance use counseling.

 571 Spencer Ln, #101

 (210) 736-4405

 [TexasTreatment.com](https://www.TexasTreatment.com)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Buprenorphine Practitioner Locator:

 [SAMHSA.gov](https://www.SAMHSA.gov)

 1-800-662-HELP (4357)

Opioid Treatment Program Directory:
<https://dpt2.samhsa.gov/treatment/>

ADULT HEALTHCARE

Center for Healthcare Services (CHCS)

Northwest Clinic:

 5372 Fredericksburg Rd, Bldg F

 (210) 261-CHCS (2427)

Paul Elizondo Adult Behavioral Health Clinic:

 928 W Commerce St

 (210) 261-CHCS (2427)

Diana M. Burns-Bank Primary Care Clinic at

The Restoration Center:

 601 N Frio

 (210) 261-3750

The Integrated Wellness Clinic at Haven for Hope:

 1 Haven for Hope Way

 Appointment: (210) 261-CHCS (2427)
24/7 CRISIS HOTLINE: (210) 223-7233

 CHCSbc.org

CentroMed

Various locations.

 3066 E Commerce St

 (210) 922-7000

 CentroMedSA.com

Communicare

Various locations.

 3750 Commercial Ave

 (210) 233-7000

 CommunicareSA.org

Methodist Health Ministries

All location hours: Mon - Fri 8:00 a.m. - 5:00 p.m.

Closed for lunch from 12:00 p.m. - 1:00 p.m.

Various locations.

 (210) 692-0234

 MHM.org

University Health System

Various locations.

 4502 Medical Drive

 (210) 358-8145

 UniversityHealth.com

CHILD ADVOCACY/CHILDCARE SERVICES

Avance

Nonprofit organization offering programs to support economic mobility and school readiness for children. Various locations.

 **1227 Brady Blvd 78207**

 **(210) 899-1500**

 **[Avance.org](https://www.avance.org)**

Child Safe San Antonio

Training, family services, forensic interviewing, medical services referrals, counseling services. Monday-Thursday 8:00 a.m. to 8:00 p.m.

Friday 8:00 a.m. to 4:00 p.m.

 **3730 IH10 E (@Houston St)**

 **(210) 675-9000**

 **[ChildSafe-SA.org](https://www.childsafe-sa.org)**

Early Head Start

Full-day early childhood education for 6 weeks - 5 years old. Located throughout Edgewood ISD and San Antonio ISD. Various locations.

 **1227 Brady Blvd 78207**

 **(210) 206-5500**

 **[SAHeadstart.org \(english\)](https://www.saheadstart.org)**

Ella Austin Community Center

Affordable day care, parenting classes, youth and family services including after school and summer youth programs.

 **403 S WW White Road**

 **(210) 224-2351**

 **[EllaAustin.org](https://www.ellaaustin.org)**

Our City CARES

Short term child care during an emergency or extenuating circumstance; must meet eligibility requirements.

 **(210) 207-2711**

 **[SanAntonio.gov](https://www.sanantonio.gov)**

Parent/Child Incorporated Early Childhood Development and Education Services

Early childhood developmental for 6 weeks - 4 year olds.

 **7815 Mainland Drive**

 **(210) 226-6232**

 **[ParentChildINC.com](https://www.parentchildinc.com)**

Respite Care of San Antonio

Childhood education for children with special needs and complex medical conditions from six weeks to six years of age and state-licensed residential homes for children with complex medical conditions.

Monday -Friday 8:30 a.m. - 5:00 p.m.

 **605 Belknap Place**

 **(210) 737-1212**

 **info@respitecaresa.org**

 **[RespiteCareSA.org](https://www.respitecare.org)**

San Antonio Department of Human Services Childcare Services

Childcare subsidies for children under 13 (under 19 for children with disabilities). Must meet eligibility

 **3652 Bluemel, Suite 200**

 **(210) 230-6300**

 **SA.gov**

Roy Maas' Youth Alternatives, Inc. – The Bridge

Emergency shelter services transitional living; children 5-17; call first.

 **3103 West Ave**

 **(210) 340-8077**

 **RMYA.org**

St. PJ's Children's Home

Short-term emergency shelter for children from birth to 17 years of age who are victims of abuse or neglect and are under the protection of the Department of Family and Protective Services (DFPS).

 **919 Mission Rd**

 **(210) 533-1203**

 **StPJHome.org**

The Children's Shelter

 **2939 West Woodlawn**

 **(210) 212-2500 (CHILDREN)**

 **info@chshel.org**

 **ChildrensShelter.org**

The Multi-Assistance Center at Morgan's Wonderland (MAC)

Services for individuals with disabilities.

 **5210 Thousand Oaks Dr**

 **(210) 817-3935**

 **MorgansMAC.org**



CUTTING/SELF INJURY

Safe Alternatives

 1-800-366-8288 or 1-800 DONTCUT

DIETICIANS/NUTRITION

San Antonio Food Bank Community Wellness Education

FREE wellness classes focused on healthy eating patterns, physical activity, and prevention of chronic illness. Classes taught by qualified professionals including dietitians and nutritionists.

 (210) 337-FOOD (3663)

 SAFoodBank.org

San Antonio Lactation Support Center

FREE services to all breastfeeding mothers in Bexar County. Mon-Fri 8:00 a.m. to 4:30 p.m. select Saturdays 9:00 a.m. - 1:00 p.m. Appointments preferred.

 (210) 207-7138

Fax: 210-207-7186

 SA.gov

 4538 Centerview Dr, Ste 151

San Antonio Senior Nutrition Program

FREE meals for 60 years and older, and spouses, in Bexar County. Monday-Friday, 9:00 a.m. to 1:00 p.m.

 (210) 207-7172

 SanAntonio.gov

DURABLE MEDICAL EQUIPMENT (DME)

Project Mend

Mon-Fri 8:00 a.m. - 5:00 p.m.; Provides equipment such as walkers, canes, shower chairs.

 (210) 223-6363 ext. 3

 ProjectMend.org

 5015 Wurzbach Rd

EDUCATIONAL SUPPORT

Ambassador Program Summer Internship

Exposes students to professional opportunities and innovative career paths through paid internships, professional development workshops, and networking opportunities

 (210) 207-6000

 SanAntonio.gov

Cafe' College

In person and virtual college advising; SAT/ACT prep.
Tues-Thur 8:00 a.m. - 7:00 p.m.
Fri-Sat 8:00 a.m. - 5:00 p.m.

 (210) 207-4528

 CafeCollege.org

 131 El Paso St

Family Service Association

Youth education and career programs

 702 San Pedro Ave

 (210) 414-5879

Fax: (210) 299-4498

 Family-Service.org

Girls Empowerment Summit

Annual 2-day event for girls 13-18 years old. Hosted by COSA to promote non-traditional career roles for women, encourage positive body image, self-care and social media.

 SanAntonio.gov

Head Start Program

School readiness program for children ages 6mo - 5 years.

 1227 Brady Blvd

 (210) 206-5500

 SAHeadStart.org

NXT Level Youth Opportunity Center

Educational personal and career services for ages 16-24 years old; virtual and in-person services by appointment only.

Hours: M-F 8:30 a.m. - 5:30 p.m.

 North Location: 5223 Blessing St (in Northside ISD Family Engagement Center M-F 8-5pm

 West Location: 1226 NW 18th St
M-F 8:30 – 5:30pm

 (210) 207-1723

 NXTLevelSA@sanantonio.gov

 NXTLevelSA.org

EDUCATION SUPPORT cont'd

Ready to Work

FREE career and education planning and tuition assistance. Must meet eligibility.

 CALL 3-1-1

 [ReadyToWorkSA.com](https://www.ReadyToWorkSA.com)

San Antonio Education Partnership Program (SAEP)

Scholarship program for teens graduating high school, enrolling in college.

Hours: M-F 8:00 a.m. - 5:00 p.m.

 131 El Paso St

 (210) 207-4766

 info@saepdpartnership.org

 [SAEdPartnership.org](https://www.SAEdPartnership.org)

San Antonio Human Services Department Education Services

 [SA.gov](https://www.SA.gov)

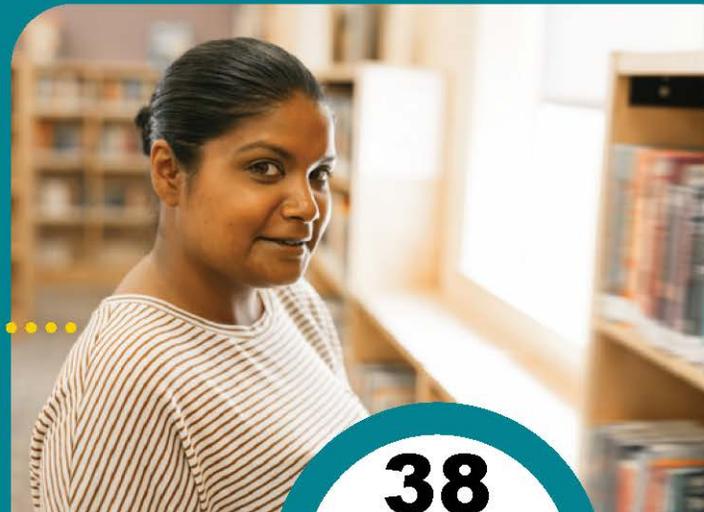
YWCA San Antonio

Programs for 18 + in work readiness preparation, educational coaching, life skills, client centered case management, workforce training, and job placement opportunities.

 503 Castrovilla Rd

 (210) 433-9922

 [YWCASA.org](https://www.YWCASA.org)



FAMILY & PARTNER VIOLENCE

Bexar County Family Justice Center

Resources for victims of domestic violence and their families. Mon-Fri 8:00 a.m. - 5:00 p.m.

 126 E. Nueva, 2nd Floor

 (210) 631-0100

 BCFJC.org

Collaborative Commission on Domestic Violence and Domestic Violence Resource Guide

Resources for victims of domestic violence and their families. Mon-Fri 8:00 a.m. - 5:00 p.m.

 CCDV.org

Family Violence Prevention Services

Crisis Hotline/Emergency shelter. Offers transitional housing, counseling services - 24/7, 365.

 (210) 733-8810

 FVPS.org

LGBTQ: Love is Respect

 1-866-331-9474

 LoveisRespect.org

National Child Abuse Hotline

 1-800-422-4453 Or text "HELP" to 1-800-422-445

 ChildHelpHotline.org

National Domestic Violence Hotline

 1-800-799-7233 text "START" to 88788

 TheHotline.org

RAINN - Rape, Abuse & Incest National Network

 1-800-656-HOPE (4673)

 RAINN.org

Texas Abuse Hotline

 For urgent calls – 1-800-252-5400 (24-hour reporting hotline)

 TXAbuseHotline.org

FINANCIAL ASSISTANCE

Catholic Charities

One-time emergency financial assistance.

 1801 W Cesar E Chavez Blvd

 (210) 222-1294

 CCAoSA.org

Christian Assistance Ministry

Limited financial assistance.

 110 McCullough Ave

 (210) 223-4099

 ChristianAssistanceMinistry.org

Ella Austin Community Center

Emergency food assistance and senior nutrition.

 403 S WW White Road

 (210) 224-2351

 EllaAustin.org

Family Services Association

Financial Empowerment Center – offers FREE financial counseling services; May offer financial assistance on limited basis based on funds.

 (210) 431-4425

 Family-Service.org

Society of St. Vincent de Paul- Prince of Peace

 (210) 462-9388

 SVDPSA.org

TRLA/Equal Justice Center

Wage Recovery

Assistance recovering unpaid wages.

 84 NE Loop 410, Ste 213

 (210) 308-6222

 EqualJusticeCenter.org

FOOD RESOURCES

Ella Austin Community Center

Emergency food assistance and senior nutrition.

 403 S WW White Road

 (210) 224-2351

 EllaAustin.org

Healthy Neighborhoods Program Healthy Corner Stores

 (210) 222-1294

 SanAntonio.gov

FOOD RESOURCES CONT'D

The Agape Ministry

Community food bank.

 127 Lanark Dr

 (210) 590-6655

 TheAgapeMinistryINC.org

FOOD/GROCERY ASSISTANCE

Antioch Baptist Church

Food Bank Ministry – Every 2nd and 3rd Wednesday of the month, beginning at 8:00 a.m. until supplies run out. Participants will need to complete a questionnaire on first visit. No zip code restrictions, everyone welcome.

 1001 N Walters

 (210) 225-2452

 AntiochSAT.org

Catholic Charities

Food, diapers, clothes.

Monday-Friday, 9:00 a.m. - 4:00 p.m.

 St. Stevens CARE Center: 2127 S. Zarzamora

 (210) 226-6178

 CCAOSA.org

Catholic Charities

SNAP Assistance, Project HOPE, food for low-income seniors on first Monday of every month.

 Guadalupe Community Center:
1801 Cesar Chavez

 (210) 226-6178

(schedule appointment)

 CCAOSA.org

Catholic Worker House

Hours of operation – Breakfast on Mon, Tue, Wed, Fri @ 8:30 a.m. - 10:00 a.m.

Lunch @ 12:00 a.m. - 12:30 p.m.

 4711 Dietrich Rd, Bldg #10

 (210) 224-7736

 SA-CatholicWorker.org

Christian Assistance Ministry

Sack lunches for those experiencing homelessness:

Mon-Thu 9:30 a.m. - 3:00 p.m.

Fri 9:30 a.m. - 11:30 a.m.

 110 McCullough Ave

 (210) 223-4099

 ChristianAssistanceMinistry.org

FOOD/GROCERY ASSISTANCE cont'd

DePaul Family Center

Food distribution center. FREE grocery-delivery to persons aged 60 or older who meet financial eligibility criteria

 7607 Somerset Rd, D4

 (210) 334-2300
(schedule appointment)

 ADSSA.org

Haven for Hope

 1 Haven for Hope Way

 (210) 220-2100

 HavenForHope.org

Inner City Development

Food Pantry: Mon-Fri 9:15 a.m. - 11:00 a.m.
Clothing service: Mon 9:30 a.m. - 10:30 a.m.
Sack lunches: Mon-Fri 9:30 a.m. - 10:30 a.m.

 1300 Chihuahua

 (210) 224-7239

 InnerCityDevelopment.org

Little Church of Villita

Food Pantry: Mon-Fri 10:00 a.m. - 4:00 p.m.

 418 Villita Street, Building 13

 (210) 226-3593

San Antonio Food Bank

Food assistance, assistance with SNAP/Benefit applications. Provides assistance in accessing diversion programs including: rental assistance, security deposit assistance, utility assistance, voucher programs. (210) 431-8326

 5200 Historic Old Hwy 90

 (210) 337-FOOD (3663)
Benefits assistance: (210) 431-8326

 SAFoodBank.org

HOUSING

Alamo Area Resource Center (AARC) – Housing Works

Short term rental, mortgage and utility assistance (STRMU), tenant-based rental assistance (TBRA), and housing case management for people living with HIV.

 (210) 625-7200

 AARCOSA.com

City of San Antonio Human Services Homeless Connections Hotline

Provides assistance in accessing diversion programs including: rental assistance, security deposit assistance, utility assistance, voucher programs.

 (210) 207-1799

 SA.gov

City of San Antonio Human Services Homeless Resource Guide

 SA.gov

Haven for Hope

18 or older or accompanied by an adult. Must be a resident of Bexar County (proof of residency required), proof of homelessness (eviction notice, etc.) and government issued ID. Intake on walk-in basis at main campus. Temporary emergency services placement for those who are caring for minors.

 (210) 220-2100

 HavenforHope.org

 1 Haven for Hope Way

National Homeless Veterans Hotline

 1-877-AIDVETS 1-877-424-3838

Salvation Army - Dave Coy Center

Mens only shelter. Monday through Sunday.
Men 18+ check-in 3:00 p.m. - 8:00 p.m.

 (210) 226-2291

 SalvationArmySanAntonio.org

 226 Nolan St

The Salvation Army Emergency Family & Single Women's Shelter

Family and single women's shelter.
Monday-Friday 9:00 a.m. - 12:00 p.m. (midnight)

 (210) 352-2046

 SalvationArmySanAntonio.org

 515 W Elmira

SAMM Ministries

Homeless prevention, transitional housing, rapid re-housing and veterans housing stability programs. Temporary rental, utility assistance.

 Main: (210) 340-0302
Transitional Housing: (210) 979-6188
Rapid Re-housing: (210) 321-5610

 hope@samm.org

 SAMM.org

San Antonio Alternative Housing Corp

Affordable housing and rental assistance.

 (210) 224-2349

 Info@saahc.org

 SAAHC.org

HOUSING cont'd

San Antonio Homeless Connection Hotline

Food distribution center. By appointment only.

 (210) 207-1799

 SA.gov

Opportunity Home San Antonio

Public Housing, Housing Choice Voucher and Mixed-Income housing programs. Must meet eligibility.

 818 S. Flores St.

 (210) 477-6000

 HomeSA.org

San Antonio Rescue Mission

Men only, 18+

 907 E Quincy

 (210) 222-9736

 SARescueMission.org

Seton Home

Pregnant or parenting teens, homeless or at risk for homelessness.

 1115 Mission Rd

 (210) 533-3504

 SetonHomeSA.org

Strong Foundations Ministries

Serving homeless families with children. Christian family housing.

 414 Hackberry

 (210) 641-4357

 StrongFoundation.org

The American GI Forum

For veterans and their families, Offering housing, employment, and mental health services. Mon, Wed, Fri: 8:30 a.m. - 11:30 a.m.

 611 N Flores, Ste 200 & 206 San Pedro Ave

 (210) 223-4088 or (210) 354-4892

 AGIF-NVOP.org

Thrive Youth Center

Replace with services to young adults ages 18-24 including housing, mental health services, life skills, & crisis counseling.

 (210) 212-2935

 Intake email:
info@thriveyouthcenter.org

 ThriveYouthCenter.org

Young Adult Stability & Support (YASS) Center

Housing, career assistance, physical and mental health resources. Mon-Fri 10:00 a.m. - 5:00 p.m.

 1215 W. Poplar St., San Antonio, TX, 78207

 (210) 779-3906

 YASSCenter.org

MISCELLANEOUS

Alamo Service Connection

meals, home-delivered meals, benefits counseling, care coordination, legal assistance, nutrition and counseling and training, caregiver support, and transportation services for older residents.

 **2700 NE Loop 410, Suite 101**

 **(210) 477-3275**

 **AACOG.gov**

American Red Cross

Emergency assistance, disaster relief, education

 **1-800-733-2767 or (210) 224-5151**

 **RedCross.org**

Baptist Child & Family Services

Foster care and adoption services, training for parents, education for children and families, trauma & loss counseling, transitional housing, case management services.

 **4100 E Piedras Dr, Ste 150**

 **1-800-830-2246
(210) 733-7932**

 **BCFSHHS.org**

FreeClinics.com

Listing of FREE and income-based clinics in San Antonio.

 **1-641-715-3900 x301402**

 **support@freeclinics.com**

 **FreeClinics.com**

Health Collaborative

Referrals and care navigation for community and health resources. Medicaid renewal, domestic violence prevention, prenatal education, care transition coaching.

 **(210) 481-2573 x102**

Care coordination referral form:
[Referral Form](#)

 **GrowHealthyTogether.net**

Metro Health Department - Quit Smoking & Vaping Resources

Listing of FREE and income-based clinics in San Antonio.

 **sanantonio.gov**

United Way Hotline

24/7 FREE confidential hotline for housing, food, health care, legal, veterans, mental health and more. Spanish available.

 **2-1-1 or 877-541-7905**

 **UWSATX.org**

PRESCRIPTION ASSISTANCE

Any Baby Can of Southwest Texas

FREE or no-cost prescription drugs for uninsured/underinsured.

 217 Howard

 (210) 227-0170

 ABCofSWTX.org/

El Bari Community Health Center

Limited Basic Primary Care services are offered. appointments only. Sat & Sun 11:00 a.m. - 1:00 p.m.

 5281 Cosa Bella

 (210) 888-0671

Fax: (210) 519-2990

 ElBariCHC.org

RENTAL & HOUSING ASSISTANCE

Alamo Area Resource Center (AARC)

Short term rental, mortgage and utility assistance (STRMU), tenant-based rental assistance (TBRA) and housing case management for people living with HIV.

 303 N Frio

 (210) 625-7206

 maryf@aarcsa.com

 AARCSA.com

Alamo Community Group

Affordable housing services.

 4606 Centerview Dr. Ste 170

 (210) 731-8030

 AlamoCommunityGroup.org

City of San Antonio Neighborhood & Housing Services

Provides resources for renters, eviction prevention, housing assistance program, Resident Relocation Assistance Program (RRAP) and tenant and Landlord mediation.

 100 W Houston St

 Main: (210) 207-6459

RRAP - (210) 207-5910

 SA.gov

Endeavors

Supportive housing services.

 6363 DeZavala Rd

 (210) 431-6466

 Endeavors.org

Fair Weather Family Lodge (FFL)

Housing, case management for singles and families with mental health or disabilities.

 (210) 208-5700

 txhousing@endeavors.org

 Endeavors.org

RENTAL & HOUSING ASSISTANCE cont'd

Habitat for Humanity of San Antonio

Program for affordable homes. Must meet eligibility criteria.

 311 Probandt

 (210) 223-5203

 [HabitatSA.org](https://www.habitat.org/sanantonio)

Housing Authority of Bexar County

Housing and rental assistance. Fair housing services.

 1954 E Houston ST, Ste 104

 (210) 225-0071

 [HABCTX.org](https://www.habctx.org)

Inman Christian Center

Child development, after school care & summer programs. Elderly, disabled, low-income affordable housing services, food pantry.

 1214 Colima St

 (210) 222-9641

 [InmanCenter.org](https://www.inmancenter.org)

Merced Housing Texas

Affordable housing, owner occupied repair program, resident services for individuals and families. Income qualified.

 120 W Mistletoe Ave

 (210) 281-0234

 [MercedHousingTexas.org](https://www.mercedhousingtexas.org)

Prospera Housing Community Services

Affordable housing with support services.

 3419 Nacogdoches Rd

 (210) 821-4300

 [ProsperaHCS.org](https://www.prosperaHCS.org)

Prosumers International

Links to information regarding food, toolkit for housing assistance.

 6800 Park Ten Blvd, Ste 220N

 1-800-577-3795

 [TheProsumers.org](https://www.theprosumers.org)

Salvation Army

Goslinowski Social Services Center.

 910 Flores

 (210) 352-2020

 [SalvationArmySanAntonio.org](https://www.salvationarmysanantonio.org)

RENTAL & HOUSING ASSISTANCE cont'd

San Antonio AIDS Foundation (SAAF)

Rental assistance for individuals and families of people living with HIV and financial support for housing and social services for individuals living with HIV who have experienced chronic homelessness for 12 months.

 818 E Grayson

 (210) 225-4715

 clinic@careclinicsa.org

 SanAntonioAids.org

San Antonio Alternative Housing Corp

Affordable housing services, rental assistance.

 1215 Trinity Street

 (210) 224-2349

 SAAHC.org

Opportunity Home

Affordable housing, voucher programs. Emergency rental assistance.

 818 S Flores

 (210) 477-6000

 help@homesa.org

 HomeSA.org

STI Clinic

City of San Antonio Sexually Transmitted Infection Clinic

Patients 13+ STI evaluation, treatment, PrEP services and referral, public health follow up services.

Mon-Thur: 7:45 a.m. - 4:30 p.m.

The latest a client can be checked-in is 3:00 p.m.*

Fri: 7:45 a.m. - 12:00 p.m.

The latest a client can be checked-in is 10:30 a.m.*

THE LATEST A CLIENT CAN BE CHECKED-IN is subject to change if the clinic has reached its capacity before that time or the nature of your visit will extend past closure time.

 512 E Highland Blvd

 (210) 207-8830

 SA.gov



TRANSPORTATION

Alamo Area Council of Governments (AACOG) Alamo Regional Transit (ART)

Curb-to-curb bus service to residents of service region. Service to and from Bexar County and San Antonio.

Medical ART for appointments and Senior ART for seniors. Service area: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, Medina, McMullen, Wilson Counties. Limited service in Bexar County. Fares each way: In-town \$2.00, In County \$6.00, One county over \$8.00, 2 counties over \$12.00

 2700 NE Loop 410, Ste 101

 1-866-889-7433

 AACOG.com

Banyan Treatment Centers

Transportation to and from appointments, up to 4 hours out.

 4168 C Rd 444 Waelder, TX 78959

 1-844-611-5705

 BanyanTreatmentCenter.com

Haven for Hope

Offers bus passes for those enrolling in employment program.

 1 Haven for Hope Way

 (210) 220-2100

 HavenforHope.org

Presa Community Center

Mon-Fri, \$5 per trip/ \$10 round trip for individuals 60 years of age + & individuals with disabilities. Weekly grocery trips for 22 senior apartment complexes around San Antonio.

 3721 S Presa

 (210) 532-5295

 Presa.org

TRANSPORTATION cont'd

Greater Randolph Area Services Program (GRASP) Windcrest Shuttle

Application required. Provides curb-to-curb transportation for people who are residents of Windcrest within a 5-mile radius. Shuttle is wheelchair accessible, and service animals ok. Hours of operation: Mon-Fri 9:00 a.m. - 2:00 p.m. \$5.00 per trip. No extra charge for spouses or caregivers. Schedule in advance, but no later than 12:00 p.m. the day before.

 (210) 658-3578

 Grasp211.org

Methodist Healthcare Health Bus

Mon-Fri 8:00 a.m. - 5:00 p.m.

FREE rides to qualifying patients, wheelchair-accessible.

3 Buses:

Children's Hospital Health Bus Methodist Hospital

Northeast Health Bus Methodist Hospital

Metropolitan Health Bus

 8109 Fredericksburg Rd

 (210) MHS-RIDE (210) 647-7433

 SAHealth.com

Texas Health & Human Services Commission Medical Transportation Program

Provides non-emergency medical transportation services. Contact medical health plan if covered by insurance.

 If uninsured, contact 877-633-8747 (MEDTRIP)

 HHS.Texas.gov

Via Bus

Bus routing and schedule info:

Mon-Fri 6:00 a.m. - 10:00 p.m.

Sat 7:00 a.m. - 7:00 p.m., Sun 8:00 a.m. - 5:00 p.m.

 (210) 362-2020

 ViaInfo.net

Via Bus - Centro Plaza

Mon-Fri 8:00 a.m. - 1:00 p.m. and 2:30 p.m. - 5:00 p.m.

 909 W Houston St

 (210) 299-5802

Via Bus - Ellis Alley Information Center

Mon-Fri 8:00 a.m. - 1:00 p.m. and 2:30 p.m. - 5:00 p.m.

 212 Chestnut St

 (210) 362-2020

TRANSPORTATION cont'd

VIA Metro Center

Mon-Fri 8:00 a.m. - 5:00 p.m.

 1021 San Pedro

 (210) 362-2006

 210) 362-5050

VIA Trans - disability friendly bus service

 VIAInfo.net

VIA Link - affordable public transit options to neighborhoods within dedicated zones.

 VIAInfo.net

UTILITY ASSISTANCE

Agape Ministry

 127 Lanark Dr

 (210) 590-6655

 TheAgapeMinistryINC.org

Catholic Charities

One-time emergency financial assistance.

Mon-Fri 8:30 a.m. - 5:00 p.m.

 1801 W Cesar E Chavez Blvd

 (210) 226-6178

 CCAoSA.org

Christian Assistance Ministry

No appointment necessary. Safety net resources include food, clothing, financial assistance for Rx, utilities and ID recovery.

 Downtown: 110 McCullough Ave
Northwest: 5084 De Zavala

 Downtown: (210) 223-4099

De Zavala (Northwest):
(210) 697-5771

 ChristianAssistanceMinistry.org

City of San Antonio Department of Human Service

CPS Energy Utility Assistance and the Affordability Discount Program Application for those eligible.

 100 W Houston St, 9th floor

 (210) 207-8198

 SA.gov

UTILITY ASSISTANCE cont'd

City of San Antonio Family Assistance Centers

Utility assistance, Project REAP (CPS Energy) & Uplift (SAWS) &

 **Neighborhood Place:**
3014 Rivas (210) 431-7551 Claude Black

 SA.gov

Willie Velasquez:
1302 N Zarzamora (210) 207-8198
(fair housing counseling, adult literacy classes)

City of San Antonio Senior Services

Healthy Eating Aging Living (HEAL) Program, Senior resources including food, rent/mortgage and utility assistance.

 100 W Houston ST, 9th Floor

 **Main: (210) 207-8198**
Utility Assistance: (210) 207-7830
 SanAntonio.gov

Ella Austin Community Center

 1023 N Pine

 (210) 224-2351
 EllaAustin.org

Greater Randolph Area Service Program

Assistance with utilities, rent, food for converse and surrounding communities.
M-F 8:00 a.m. - 5:00 p.m.

 250 Donalan

 (210) 658-6351
 Grasp211.org

Haven for Hope

 1 Haven for Hope Way

 (210) 220-2100
 HavenforHope.org

Hispanic Religious Partnership for Community Health, Inc (HELP Program)

 1701 W Woodlawn Ave

 (210) 692-0234
 MHM.org

Salvation Army Goslinowski Social Services Center

 910 N Flores

 (210) 352-2020
 SalvationArmySanAntonio.org

UTILITY ASSISTANCE cont'd

Society of St. Vincent De Paul

 1103 S Frio

 (210) 225-7837

 SVDPSA.org

OTHER RESOURCE DIRECTORIES

Bexar County Department of Behavioral Health

Hours Monday - Friday 8:00 a.m. - 5:00 p.m.

 (210) 223-7233

 Bexar.org

Bexar County Reentry Center

Support services for persons discharged from incarceration and re-entering Bexar County.

 (210) 335-8281

 Bexar.org

Findhelp.org

Search by zip code for financial assistance, food pantries, medical care and other free or low-cost services.

 FindHelp.org

Health Confianza

 WellnessCultura.org

SA Clubhouse

 6851 Clubhouse Way #100

 (210) 899-0434

 SAClubHouse.org

San Antonio Community Resource Directory

Directory of human services including nonprofit organizations, congregations, government agencies, and compassionate groups in and around San Antonio.

 SACRD.org

IDENTIFICATION RECOVERY SERVICES

ID Recovery by CAM (Christian Assistance Ministry)

Assistance with recovering lost or stolen identification documents, including out-of-state birth certificates.

Must have a photo ID or copy of photo ID, and original social security card (expired ok, offender ID, School ID, Medical ID).

 (210) 223-4099

 Email: skory@cam-sa.org

 ChristianAssistanceMinistry.org

 110 McCullough Ave 5084 DeZavala

SAN ANTONIO METRO HEALTH PROGRAMS

Diabetes Prevention Program

Free program for adult 18+ with BMI ≥ 25 with risk factors for DM2.

 (210) 207-8802

 DiabetesHelpSA.com

Healthy Neighborhoods

 (210) 207-7061

 SanAntonio.gov

Clinician Ambassador Initiative

FREE Healthcare Provider Education sessions (CME/CNE available)

 SA.gov

 [Provider Interest Form](#)

SA Kids B.R.E.A.T.H.E.

FREE virtual or in-person education and support program for children 3 -17 diagnosed with asthma and residing within the City of San Antonio.

 (210) 207-7282

 SanAntonio.gov

San Antonio Metropolitan Health District Immunizations Program

Metro Health Immunization Clinic
Mon-Fri 8:00 a.m. - 3:00 p.m. by appointment only.

 Administrative Office: (210) 207-8790

 SanAntonio.gov

 210 N. Melwaiters Way

SAN ANTONIO METRO HEALTH PROGRAMS cont'd

Triple P Parenting Program

Evidence-based online or in-person parenting courses

 (210) 207-4599

 [Triplep-Parenting.com](https://www.triplep-parenting.com)

Women Infants and Children (WIC) Program

Non-emergency supplemental nutrition program for women, infants and children. Provides food benefits for eligible pregnant, postpartum, breastfeeding women, infants and children under 5 years old.

 (210) 207-4650

 [SAgov](https://www.sagov.com)

Clinic locations:
[SA.gov](https://www.sagov.com)

TRAUMA INFORMED CARE TRAINING

SA Clubhouse

 6851 Citizens Parkway

 (210) 798-1619

Connection Center (210) 899-0434

 [SAClubHouse.org](https://www.sacubhouse.org)

The Ecumenical Center

 [ECRH.org](https://www.ecrh.org)

University Health Institute for Trauma Informed Care

 [UniversityHealth.com](https://www.universityhealth.com)





**METROPOLITAN
HEALTH DISTRICT**