



Guidance & Counseling

Resource Guide

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General Community Resource Links

Judson ISD Employee Assistance Program

JISD provides 5 free counseling sessions per year for each employee, including immediate family members. You or your family may use your EAP benefits to help with personal, marital, or family problems. This service may also be used for job related stress, depression, anger, or substance abuse problems and more.

Christine Smith, LPC

18756 Stone Oak Parkway
Suite#200
San Antonio, Texas 78258
210.307.8180

Gordon Hudson, MSW-I-PC

325 Sonterra Blvd.
Suite#230
210.545.6860

Resources for Psychiatric Evaluations

Emergency Psychiatric Care 24-Hour Hotlines

Center for Health Care Services Line	210.223.7233
	210.261.3584

Center for Health Care Mobile Outreach Team	210.223.7233
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Clarity Children's Guidance Center	210.616.0300
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24/7 Acute Care Crisis Line

8535 Tom Slick

San Antonio, Texas 78229

<https://www.claritycgc.org/>

Laurel Ridge Treatment Center	210.491.9400
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17720 Corporate Woods Drive

800.624.7975

San Antonio, Texas 78259

<https://laurelridgetc.com/>

Center for Health Care Services	210.261.3500
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227 W. Drexel Ave

800.316.9241

San Antonio, Texas 78210

<https://chcsbc.org/>

San Antonio Behavioral Health	210.541.5300
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8550 Huebner Road

San Antonio, Texas 78240

<https://www.sanantoniobehavioral.com/>

Methodist Behavioral Health Services	210.575.8110
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8550 Huebner Road

San Antonio, Texas 78240

<https://sahealth.com/specialties/behavioral-health?location=methodist-hospital-specialty-and-transplant>

HOTLINES & HELPLINES

Judson ISD Police Department	210.659.9789
SAPD Non-Emergency	210.227.7201
Bexar County Non-Emergency	210.335.6000
Bexar County Deputy Mobile Outreach Team (DMOT)	210.335.6000
Converse PD Non-Emergency	210.658.2322
Kirby PD Non-Emergency	210.661.8515
Universal City PD	210.658.5355
Live Oak PD Non-Emergency	210.653.0033
Covid-19 Mental Health Support Line	833.986.1919
Crisis Hotline	210.223.7233
Crisis Text Line	741741 (Text HOME)
Texas Child Abuse Hotline	800.252.5400
Mobile Crisis Outreach Team (MCOT)	
Center for Health Care Services Crisis Line	210.225-5481 (Adult)
24-hour access to Mental Health Crisis	210.223-72339(Children)
National Domestic Violence Hotline	800.799.7233
National Suicide Prevention Hotline	800.273.8255
National Runaway Safe Line	800.786.2929
National Human Trafficking Resource Center	888.373.7888
National Veterans Suicide Prevention Hotline	800.273.8255
Self-Injury Prevention Hotline	800.366.8288
Rape Crisis Hotline	210.349.7273
https://www.rainn.org/	

COVID-19 Resources (National & City Wide)

National Resources

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>

Bexar County Economic & Community Development, utility and housing assistance

- Online information
- ° Utility Assistance: <https://www.bexar.org/Faq.aspx?QID=499>
- ° Housing & Utility Assistance: <https://habctx.org/tram>
- ° COVID-19 Information: www.bexar.org/3234/COVID-19

City of San Antonio 311

<https://www.sanantonio.gov/Health/News/Alerts/CoronaVirus#281783839-resident-assistance>

City of San Antonio Department of Human Services (DHS), utility assistance

- Online information www.sanantonio.gov/DHSutility
- Telephone information (210) 207-7830

City of San Antonio Neighborhood & Housing Services Department (NHSD),

- housing and utility assistance
- Online information <https://dhs.mendixcloud.com/p/Kinetech/GovTech/HousingAssistance>
- Telephone information (210) 207-5910

City of San Antonio COVID-19 Emergency Housing Assistance Program

- Online information <https://www.sanantonio.gov/NHSD/Programs/FairHousing>
- Telephone information 311

San Antonio Water Systems (SAWS), Water, Utility Assistance

- Online information <https://uplift.saws.org/>
- Telephone information (210) 233-2273 (CARE)
- Email: uplift@saws.org
- Contact information
- ° Utility Assistance: (210) 335-3666

SA2020 Community Resources

<https://www.sa2020.org/covid-19-resources/#resources>

Military Resources

Sylvia Greenwood, Military Family & College Readiness Specialist

210.945.5302

sgreenwood@judsonisd.org

Military One Source (800) 342.9647

www.militaryonesource.mil

Military OneSource is your connection to information, answers, and support when MilLife happens. We can help you overcome challenges, reach your goals, and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. If we cannot get you the answers you need, we will connect you to someone who can.

The following resources are available 24/7: Relationship counseling, non-medical counseling for stress relief, financial counseling, documentation translation, spouse scholarships, education and career benefits, childcare options, and PCS moves.

Exceptional Family Member Program (EFMP)

<https://www.jbsa.mil/Resources/Military-Family-Support/Military-Family-Readiness/EFMP/>

JBSA Ft. Sam Houston (210) 221-2705

JBSA Lackland (210) 671-3722

JBSA Randolph (210) 652-5321

The Exceptional Family Member Program (EFMP) is a DOD-mandated enrollment program designed to support individual, family and unit readiness. EFMP provides comprehensive support to Family members with special needs by taking an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help service members and their families with special needs. It is comprised of 3 components who work together to support military members and their families: Medical, Assignments, and Family Support. Some services offered at JBSA include: Respite Care Assistance, Monthly Support Groups, Education Classes and Workshops, Outreach Services, and Community Support.

JBSA-Family Advocacy Program (FAP)

<https://www.jbsa.mil/Resources/Resiliency/Family-Advocacy/>

American Legion Post 593 210.658.1111

post593.org

326 Legion Drive West, Converse, Tx 78109

Assistance for Military Veterans

JBSA Domestic Abuse Victim Advocate 24/7 Hotline 210. 367.1213

(210) 221-1996 Ft. Sam Houston

(210) 292-5967 Lackland

(210) 652-6308

The Family Advocacy Program (FAP) helps active duty members and their dependents build healthy and resilient families by addressing challenges that contribute to abusive/neglectful relationships. The program's mission is for prevention of family maltreatment and provides individual and marital therapy, seminars, and educational groups focused on couple's communication, parenting, stress, anger management, etc. The program also provides home-based therapy and nursing services to families with children ages 0-3 to accommodate the unique challenges of families with young children.

TAPS – Tragedy Assistance Program Survivors

24/7 Assistance <https://www.taps.org/>

(800) 959-TAPS (8277)

TAPS provide comfort, care, and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

Cohen Veterans Network

“Helping Veterans and Their Families Make It Back to Better”

<https://www.cohenveteransnetwork.org/>

855-698-4677

Cohen Veterans Network is a not-for-profit philanthropic organization that serves post-9/11 veterans and their families through a nationwide system of mental health clinics

Career One Stop

Veterans and Military Transition Center

Veteran and Military Transition Center is a one-stop website for employment, training, and financial help after military service.

Employment or training help:

1-877-US2-JOBS

(1-877-872-5627)

TTY:1-877-889-5627

<https://www.careeronestop.org/Veterans/default.aspx>

Dynamic Advancement- HUMAN RESOURCE MANAGEMENT FUNDAMENTALSWORKSHOP - FREE!!

Live Online, Target Audience: Military Spouses, Transitioning Service Members, Veterans or any person contemplating making a career change to HR or perusing a new career in HR. Registration:

<https://www.dynamicadvancement.com/pages/hrmf>

Meals for Vets: <https://www.mealsforvets.org/>

No changes or updates on ability to assist Veterans, but protocol on college campuses may change due to closures. Resource is available for Veterans under the age of 60, who served honorable, and are struggling financially. This resource is available throughout Texas.

McKinney-Vento Resources & Contact Information

Texas Education for Homeless Children & Youth

<https://www.theotx.org/resources/>

Mental Health Resources & Counseling Services

Alba Wellness 210.566.1280

433 Kitty Hawk Road #219, Universal City, Tx. 78148

<https://albawellness.net>

Counseling services for children, adolescents, adults, & couples

Behavioral Innovations-855.782.7822

<https://behavioral-innovations.com/>

ABA Therapy & Early Intervention services

Children's Bereavement Center- 210.736.4847

<https://cbcst.org/>

Provide counseling services both in-person and via a telehealth platform. Our support groups are running virtually.

Children's Bereavement Center 210.736.4847

205 W. Olmos

www.cbcst.org

Grief support, grief counseling Dr.

Child Safe 210.675.9000

7130 W. US Hwy 90

www.childsafe-sa.org

Child & family therapy for the family of children who have been sexually abused

Ecumenical Center-210.616.0885

<https://www.echr.org/>

15-20-minute telehealth sessions(free); They can schedule appointment with a counselor if there is a need for on-going support.

Family Services Association-Live Oak 210.299.2400

<https://family-service.org/>

8001 Village Oak Drive, Live Oak, Tx 78233

Counseling Services, Parenting Education classes

USAWA Wellness Services-210.951.3479

<https://www.myusawa.org/>

Mind Works 210.366.3700

5700 Schertz Parkway Ste. 150, Schertz, Tx 78154

<https://mindworkstx.com>

Telehealth counseling for individual & family counseling. Also doing assessments, evidence-based therapy, medication assistance.

Trevor Project 866.488.73.86

Provides crisis intervention & suicide services to LGBTQ young people under 25 via phone, text or chat.

Trevor Text 678-678

Trevor Chat <https://www.thetrevorproject.org/get-help-now/>

Food

Blessed Angels 210.284.4391

<https://blessedangelscc.org/contact/>

Drive Thru food service, bring your own bags they will fill it up. Check their website for distribution dates and times.

Circle of Arms 210.695.0687

<https://www.circleofarms.org/>

Priority delivery for senior citizens or families w/limited transportation or no transportation. Grandparents caring for school aged children. Persons w/disabilities. Families w/small children with limited or no transportation. You can call to check on next delivery and give your families name.

Converse First Baptist 210.658.2891

9162 FM 78, 78109

Food Pantry assistance Monday, Tuesday, & Friday 9AM to 1PM

San Antonio Food Bank 210.431.8326

safoodbank.org

Call in to find nearest resource within 10-mile radius. Fill out online form to get you on list for food at a site. You can call in to get on the list. They are open Monday-Friday 8AM-8PM & SAT 9AM-3PM

True Vision Church 210.590.4460

2826 Ackerman Rd, 78219

Every second Wednesday Month 12:30P-1:30P (no pre-registration)

True Life Church-Tabitha's Food Pantry 210.658.5945

<http://www.livetruelife.church/>

202 W. Byrd, Universal City, Tx.

Food pantry services, call for distribution times

Food Finder APP

<https://foodfinder.us/>

Housing, Emergency Shelters & Rental Assistance

Battered Women's & Children's Shelter 210.821.3855

7911 Broadway, San Antonio, Texas
Emergency & Transitional

City of San Antonio Neighborhood & Housing Services Department (NHSD), housing and utility assistance 210. 207.5910

- Online information <https://dhs.mendixcloud.com/p/Kinetech/GovTech/HousingAssistance>
- Telephone information

Family Violence Prevention Services 210.220.2100

www.fvps.org
7911 Broadway
Women & children only

Haven for Hope-Prospect Courtyard 210.220.2100

1 Haven for Hope Way
Outdoor overflow only

Magdalena House 210.561.0505

www.maghouse.org
Transitional housing for mothers and children who fled dangerous and abusive lives

Merced Housing

Texas www.mercedhousingtexas.org
212 W. Laurel 210-281-0234 Individuals, families, Income qualified

Salvation Army Dave Coy Center 210.226.2291

www.salvationarmytexas.org
226 Nolan
Men only, 18 or older 3:30pm-8:00pm check-in

Salvation Army Hope Center 210.352.2000

515 W. Elmira
Single women & families, Calls and referrals 24/7; check in at 3:30 pm Married couples, proof req.

SAMMinistries 210.377.1616

5922 Blanco Rd.
www.samm.org
General and Veteran Assistance

United Way 210.227.4357 or 211

<https://Unitedway.org>

Seton Home 210.533.3504

www.setonhomesa.org

Pregnant or parenting teens, Homeless or at risk of being homeless, children under 18

Additional Social Services

GRASP (Greater Randolph Area Services Program, Inc.) 210.658.6351

250 Donalan, Converse, Texas

<https://grasp211.org/>

Resources for rental, food, utilities assistance. Contact Katy. Open Monday-Friday 8am-3pm

St. Vincent De Paul Society (St. Monica Catholic Church) 210.658.8791

501 North Street, Converse, Texas 78109

<https://saintmonicaconverse.net/connect/st-vincent-de-paul-society>

Services provided: food from the church pantry, emergency partial payments of utilities, rent and medical expenses. Assistance is available Tuesday, Wednesday, & Thursday 10AM to 1PM by appointment.

Randolph Area Christian Assistance Program 210.658.1613

<https://racap.org/>

To apply for food, rent, or utility assistance from RACAP you must live in one of these zip codes: 78108, 78109, 78124, 78132, 78148, 78154, 78233 (LIVE OAK ONLY), 78247 or 78266.

City of San Antonio Department of Human Services (DHS), utility assistance

- Online information <https://dhs.mendixcloud.com/>
- Telephone information (210) 207-7830

San Antonio Water Systems (SAWS), water utility assistance

- Online information <https://uplift.saws.org/>
- Telephone information (210) 233-2273 (CARE)
- Email: uplift@saws.org
- Contact information
 - ° Utility Assistance: (210) 335-3666
 - ° Utility Assistance email: clientservices@bexar.org
 - ° Housing & Utility Assistance: (210) 940-1180

CPS Energy-Residential Energy Assistance Partnership (REAP), utility assistance

- Online information: <https://cpsenergy.com/> utility assistance
- Inquire about REAP Assistance by contacting:

Clothing

SA Threads 210.600.3989

<https://sanantoniothreads.org/>

501(c)(3) non-profit organization providing NEW and new-like clothing and accessories for referred and at-risk teens in the San Antonio area. Teens who qualify choose complete outfits, new socks, underwear, bras, toiletries, shoes, and seasonal items, when available.

A New Life for A New Generation 210.447.7715

Provides free diapers and wipes to expecting mothers, children under 36 months old and adult diapers. If you're interested in securing some supplies, call 210-447-7715 to schedule an appointment.

Furniture

Ashley Furniture-Hope to Dream

https://www.ashleyfurniture.com/hope_to_dream/hope-to-dream-application.html

A portion of mattress purchase at participating Ashley Home Store locations goes toward Hope to Dream. Ashley Home Store has delivered more than 50,000 beds to children and their families. We provide a twin mattress, bed frame, bedding, and pillow (a \$399 value) to a deserving child; a child who might otherwise suffer the negative physical and emotional effects of sleep deprivation. Please go to this website and nominate through a selected location.

Legal Services

Bexar County Guardianship G 210.335.3744

233 N. Pecos, Suite 320

San Antonio, Texas

Call to discuss referral Program

St. Mary's Center for Legal and Social Justice 210.431.2596

2507 N.W. 36th St., San Antonio, Texas

Texas Rio Grande Legal Aid 210.212.3783

1111 N. Main, San Antonio, Texas

Eyeglasses/Optical Assistance

Corazon Ministries 210.226.8341

230 E. Travis Sunday only, lottery, 8-10:30am

I-Care San Antonio 210.220.2370

1 Haven for Hope Way

<https://icare-sa.org/do-you-need-vision-help/>

To be eligible for services, applicants must not have an income exceeding 150% of federal poverty guidelines and submit a completed application. Incomplete or incorrect applications will be denied.

General Community Resource Links

SACRD Community Resource Directory

<https://sacrd.org/directory/>

Bexar County Resource Guide

<https://www.bexar.org/DocumentCenter/View/10419/2020-Resource-Guide-for-Bexar-County?bidId=>