

## COUNSELING RESOURCES

### EMERGENCY PSYCHIATRIC CARE- 24 hour hotlines

**Center for Health Care Services Crisis Line** 210-223-7233

**Center for Health Care Mobile Outreach Team** 210-223-7233

**Adult Services** -601 N. Frio St., San Antonio, Texas **Children's Services** 210-261-3584

**Nix Mobile Assessment Team (MAT)** 877-231-4299

1975 Babcock Rd, San Antonio, Texas

Inpatient and outpatient services

**Clarity Children's Guidance Center**

**24/7 Acute Crisis Line** 210-616-0300

8535 Tom Slick, San Antonio, Texas 78229

**Laurel Ridge (Child and Adolescent Program)** 210-491-9400

17720 Corporate Woods, San Antonio, Texas 78259

**San Antonio Behavior Healthcare Hospital**

8550 Huebner Rd, San Antonio, Texas 78240

210-541-5300

**Mobile Unit** 877-514-0010

**Methodist Behavioral Health Services** 210-575-0500

8026 Floyd Curl Dr, San Antonio, TX 78229

**Adults Only** - Will transport if necessary

**Children's Hospital of San Antonio** 210-704-4708

333 N.Santa Rosa St., San Antonio, Texas 78207

**Christus Santa Rosa Hospital** 210-703-8000

11212 TX-151, San Antonio, Texas 78251

**NE Baptist Hospital** 210-297-2000

8811 Village Dr., San Antonio, Texas 78217

## COUNSELING SERVICES

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| <b>Center for Health Care Services</b>  |   |
|   | ( <a href="http://www.chcsbc.org">www.chcsbc.org</a> )  |
| * <b>Children Services (Schedule an appointment)</b>  | <b>210-261-3350</b>   |
| * <b>Adult Services (Schedule an appointment)</b>   | <b>210-261-1250</b>   |
| Assessments are free. Accepts most insurance and sliding scale (based on income)<br>Walk ins welcome 24/7, psychiatry, therapy and case-management services   |   |
| <b>Child-Family- Adult Consultants</b>  |   |
| 3030 Nacogdoches, Suite 101 78217<br><a href="http://www.cfaconsultant.com">http://www.cfaconsultant.com</a><br>*Individual, Children, Adults & Family<br>private practitioners work with Medicaid and private insurance<br>\$105-\$125, 1 to 3 weeks for an appointment<br>Sliding Scale available per practitioner  | <b>210-826-9599</b>   |
| <b>Children's Bereavement Center</b>  |   |
| Intake process up to 3 weeks from contact<br><a href="http://www.cbcst.org">www.cbcst.org</a><br>205 W Olmos Dr, San Antonio, TX 78212<br>Group Counseling offered for Ages 3-24<br>Individual/ Family Counseling for all ages dealing with grief & loss<br>Interns & Associate Counseling offered Free of Charge   | <b>210-736-4847</b><br>M-Th 9am-5pm<br>Sundays 12noon-6pm<br>No counseling hours on Fridays   |
| <b>Clarity Children's Guidance Center</b>   |   |
| Ask for Outpatient Admissions<br>8535 Tom Slick, 78229<br><a href="http://www.claritycgc.org/programs-a-services">http://www.claritycgc.org/programs-a-services</a><br>*Counseling services for patients ages 4-17<br>Psychiatric Appointments approximately 3 months<br>Therapy/Counseling appointments sooner<br>Work with insurance companies, sliding scale | <b>210-616-0300</b>   |
| <b>Comunicare Health Center</b>   |   |
| 8 locations<br><a href="http://www.comunicaresa.org/home">http://www.comunicaresa.org/home</a><br>*Family OB/GYN Care, Pediatric Care, Behavioral Care, Health Care<br>Referral for Counseling after seeing a primary care physician, 1 week to see physician<br>Sliding Scale from \$45 - up, Open M-F 7:30-4:30 to register for sliding scale at West Campus  | 210-233-7000  |
| <b>Community Counseling Services/OLLU</b>   |   |
| <b>210-434-1054</b><br>590 N. General McMullen, Suite 3, 78228<br><a href="http://www.ollusa.edu/s/1190/ollu.aspx?pgid=1040">http://www.ollusa.edu/s/1190/ollu.aspx?pgid=1040</a><br>*Services for individuals, couples & families<br>Appts available within a week, sessions are recorded<br>\$10 fee per session/ \$35 per session if court mandated          | Accepts some insurance and sliding scale.<br>Interns work with LPC supervisor<br>Wednesday "walk-ins" from 1-5<br>College student services FREE |

| <b>Ecumenical Center</b>  |   |
|---|---|
| <b>210-616-0885</b><br>8310 Ewing Halsell, 78229<br><a href="http://www.echr.org/counseling/">http://www.echr.org/counseling/</a><br>*Individual, Family & Counseling & Psychological Testing   | Appointment with in 1 week<br>Some private insurance accepted<br>\$10-\$130 No sliding scale<br>Some grants available if eligible |
| <b>Family Endeavors Community Based Services</b>  |   |
| <b>210-431-6466</b><br>535 Bandera, 78228<br><a href="http://www.endeavors.org">http://www.endeavors.org</a>  | Veterans only and<br>their immediate family members   |
| <b>Family Life Center/St Mary's</b>   |   |
| <b>210-438-6411</b><br>251 W. Ligustrum, 78228<br><a href="http://www.stmarytx.edu/grad/counseling/?go=flc">http://www.stmarytx.edu/grad/counseling/?go=flc</a><br>Individual, couples & family<br>Play Therapy<br>Sliding Scale, \$5 - \$10 per session<br>2 days to 2 weeks for an appointment  | Youth Education Program<br>Contact <b>Kimberly Sama</b>   |
| <b>Family Service Association</b>   |   |
| <b>210-299-2400</b><br>702 San Pedro Avenue, 78212 Two other locations in San Antonio, call for more information<br><a href="http://www.family-service.org/services_counseling.htm">http://www.family-service.org/services_counseling.htm</a><br>*Counseling for individuals, couples, divorce classes, parenting<br>Sliding scale<br>Fast Program - for children in school   |   |
| <b>Family Violence Center</b>   |   |
| <b>210-733-8810</b><br><a href="http://www.fvps.org">www.fvps.org</a><br>7911 Broadway St, San Antonio, TX 78209<br>24 hr crisis intervention and Prevention Services<br>Individual and group counseling for women and children victims of domestic Violence<br>Services offered at no cost to the family   | Counseling Children/Adolescents<br>Groups on Weekends<br>Intake 7-10 days if no waiting list                                      |
| <b>Jewish Family Services</b>   |   |
| <b>210-302-6920</b><br><a href="http://www.jfs-sa.org">www.jfs-sa.org</a><br>12500 NW Military Hwy Ste 250, San Antonio, TX 78231<br>Couples, Family & Group Therapy ages 3 and up  | Sliding Scale for services  |
| <b>Rape Crisis Center</b>   |   |
| <b>210-349-7273 hotline</b><br><b>210-521-7273 main number</b>  | Counseling services at no cost<br>for victims of sexual assault   |
| <b>Roy Maas' Youth Alternatives</b>   |   |
| 3103 West Ave., 78213<br><a href="http://www.rmya.org/programs/conseligncenter/cc-home.html">http://www.rmya.org/programs/conseligncenter/cc-home.html</a><br>*Individual, family counseling, substance abuse, anger<br>Services for teens up to 17 years old at risk of running away<br>Accepts most Medicaid plans, Grant available for 4 sessions if qualified<br>Sliding Scale \$20 per session to \$75, appointments within 1 week | <b>210-340-7971</b><br>Teresa Maldonado School Liaison  |

### **Sage Social Services**

**210-248-9077**

101 Peaceful Lane, Converse, Texas 78109

[www.sagesocialservices.com](http://www.sagesocialservices.com)

\*Individual, marriage, children & family counseling.

Kim Schmittou - School Liaison

No referral needed

Sliding scale / insurance accepted

All services for ages 3yrs and up

In home counseling offered.

No psychiatrist only psychologist

### **UTSA Sarabia Family Counseling Center**

**210-458-2055**

501 W. Cesar E. Chavez Blvd., San Antonio, Texas 78207

[http://education.utsa.edu/community-family-life-center/contact\\_us/](http://education.utsa.edu/community-family-life-center/contact_us/)

Free Counseling for individuals, couples and families.

Services provided by master and doctoral level counseling students.

### **STAR Program BCFS**

**210-283-5183**

5 locations

M-F, 9-5:30 to schedule appointment, open 7 days a week

<http://www.bcfs.net/NetCommunity/Page.aspx?pid=992>

\*Services for children 0-17 in office, Individual and family

Federally funded, all services FREE to family, up to 6 months in 1 year

Crisis counselor on call 24 hours

Appointment within 1-5 days

All counselors LPC

### **St. Peter St. Joseph Children's Home**

**210-531-8519**

919 Mission Rd., 78210

<http://www.stpjhome.org/#/community-services>

### **Lists of Therapists in Private Practice**

[www.psychologytoday.com](http://www.psychologytoday.com)

\*Search for Therapists by location, specialty, insurance accepted

Or call the 800 number on the back of your insurance card for in-network providers

## **PARENTING CLASSES & FAMILY COUNSELING RESOURCES**

### **Boys Town Texas**

**210-271-1010**

503 Urban Loop, 78204

<http://www.boystown.org/texas/behavioral-health>

\*No counseling services

Foster Care and Adoption services

Parenting classes, In home Family Services, Residential Placement

### **National Alliance for the Mentally Ill (NAMI)**

**210-734-3349**

510 Belknap Pl, San Antonio, TX 78212

[www.nami.org](http://www.nami.org)

\*\*No counseling services

Educational classes for parents and families to help them understand their child's diagnosis

Hours M-F 9am-5pm; Classes also offered on nights and weekends

No fees associated with services

## GRIEF COUNSELING SERVICES

### "Life After Loss" Programs- Porter Loring Family Care Services

**Christ Episcopal Church** **210-736-3132**  
510 Belknap Pl, San Antonio, TX 78212 Contact-Carol Miller

**Our Lady of Perpetual Help Catholic Church** **210-651-6913**  
16075 North Evans Rd., Selma, TX 78154 Contact-Sister Leonita

### Grief Support Groups- Porter Loring Family Care Services

#### **Men's Grief Support Group**

**Time:** Every Thursday, 12-1:30pm

**Place:** Alamo Heights United Methodist Church, 825 E. Basse Rd., San Antonio, TX 78209

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**

#### **"Fellowship in Grief"**

**Time:** 12:00-1:30pm. The 2nd and 4th Tuesdays of each month

**Place:** Porter Loring Family Care Services, 2119 Mannix, San Antonio, TX 78217

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**

#### **Grief Support Group for Women**

**Time:** Every Monday, 10-11:30am

**Place:** Alamo Heights Methodist Church, 825 E. Basse Rd., San Antonio, TX 78209

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**

#### **Grief Support for Younger Women**

**Time:** 11:00-12:30pm. The 1st and 3rd Tuesdays of each month

**Place:** Porter Loring Family Care Services, 2119 Mannix, San Antonio, TX 78217

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**

#### **"Forever Loved"- Loss of a Child**

**Time:** Every Tuesday 7-8:30pm

**Place:** St. Pius X Catholic Church, 3303 Urban Crest, Martins Hall, #211, San Antonio, TX 78209

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**

#### **"Grief and the Holidays" Presentations**

**Time:** From October through December every year

**Place:** Throughout the San Antonio community

**Facilitator:** Celeste Miller, MA, Bereavement Coordinator, **210-227-8221**