



Advocacy Counseling & Support Services

Finding Help in Texas

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

United Way Helplines

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

Legal Assistance for Victims of Sexual Assault

- **Sexual Assault Legal Services and Assistance (SALSA)** <http://www.hopelaws.org/>
- **Brochure** <http://texaslawhelp.org/files/685E99A9-A3EB-6584-CA74-137E0474AE2C/attachments/1B4D5AD4-66B8-453F-80C7-0246AA06DAC2/legalresource.pdf>
- **Protective Order Information:** <http://home.bexar.org/da/DomesticViolence.html>
- **Bexar County District Attorney** <http://home.bexar.org/da/index.html>
- **Bexar County:**
 - **Bexar County Legal Aid**—210-227-0111
 - **San Antonio Community Law Center**—210-271-9595
 - **St. Mary's Law School**—210-431-2596
- **Comal County:**
 - **Comal County Legal Aid**—830-625-3439
 - **Crisis Center** (domestic violence/sexual assault)—800-434-8013
 - **Jewish Family Service:**
Attorney offers free legal advice on any matter the 1st & 3rd Tuesday of every month at 5:15 pm. (arrive at least 10 minutes early). Individuals are seen on a first-come/first-serve basis.
Phone: 210-533-1112 (Call to request an appointment.)
Location: 1151 Mission Rd., San Antonio, TX 78210
- **Surrounding Areas:**
 - **Texas Rio Grande Legal Aid**—888-988-9996



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Counseling Services/Mental Health

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

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

Rural areas

Comal County:

- **Connections Crisis Intervention Services:**
Call for info & referral or crisis intervention services.
Phone: 830-629-6571
Crisis Hotline: 800-532-8192
Website: www.connectionsnonprofit.org

Bandera, Kendall, Kerr Counties:

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



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Guadalupe County:

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

Atascosa and Wilson Counties:

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

Conflict Resolution

- **Advocacy Inc. (Disability-related issues)**
(V/TDD) 800-252-9108
In San Antonio: 210-737-0499
Family Law Hotline: 800-777-3247
- **Bexar County Dispute Resolution Center:**
Trained volunteers offer mediation services to Bexar County residents at no cost. The Center also offers referral services and community outreach services. 210-335-2128

Domestic and Dating Violence

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

Disabilities

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



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Military, Veterans and Family Members

- **Military OneSource:** Offers resource information and support for military individuals & families. Services include childcare resources; obtaining counseling; and preparing for deployment, relocation & other transitions.
Call Stateside: 800-342-9647 TTY/TDD: 1-866-607-6794
Website: www.militaryonesource.com
- **Operation Homefront:** Offers emergency services, educational services, and morale programs. Includes a support group for female loved ones of a wounded service member; support for military wives & families; moving assistance; auto repair; home & appliance repairs; food assistance; vision care; and a “wounded warrior” program.
Website: www.operationhomefront.net/texas
Phone: 210-659-7756 Toll-free: 800-722-6098
- **The Military Family Service Center** (Four Locations): Confidential Counseling at No Charge:
- **ST. MARY’S UNIVERSITY**, Dept. of Counseling and Human Services Phone: 210-438-6410
- **Hope 4 Heroes:** Provides comprehensive counseling and support services for vets and their families. Website: www.hope4heroes.org
- **Veterans in Crisis Line:** 1-800-273-8255 and Press 1
- **Grace After Fire:** An online women veterans’ peer network. Call toll-free for counseling: 1-800-362-6477; www.graceafterfire.org
- **Tragedy Assistance Program for Survivors (TAPS):** Provides 24/7 info & support for survivors: 1-800-959-TAPS (8277); www.taps.org.
- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255); press 1 for Veterans
- **National Homeless Veterans Hotline:** 1-877-424-3838