***Counseling Services***

**TEXAS CHILD HEALTH ACCESS THROUGH TELEMEDICINE (TCHATT)**

TCHATT provides FREE behavioral & mental health services to Texas youth year-round!

\*Only school counselors make TCHATT referrals-see your school counselor

**Phone: 210-567-5464**

**Email:TCHATT@uthscsa.edu**

**KARNES COMMUNITY HEALTH CENTER**

Elizabeth Tofani-Garcia, LCDC,LPC-S

757 S. Panna Maria

Karnes City, TX 78118

**Phone: 830-780-3100**

**CAMINO REAL COMMUNITY MHMR CENTER**

322 W Main Street

Kenedy, TX 78119

**Phone: 830-583-9777**

**24-Hour Crisis Hotline: 1-800-543-5750**

Website:<http://www.caminorealcs.org/>

**CHILDREN’S ALLIANCE OF SOUTH TEXAS**

1108 Railroad St.

Floresville, TX 78114

**Phone: 830-393-6290**

Website: <https://castcac.org/>

**COURAGE RANCH-**Trauma Focused Equine Therapy

3292 Hwy 97 W

Floresville, TX 78114

**Phone: 832-721-3874**

Website: <https://www.courageranch.org/>

**PALOMA PLACE**

140 Paloma Drive

Floresville, TX 78114

**Phone: 830-455-4840**

Website: <https://www.palomaplace.org/about-us/>

**CRISIS CENTER OF COMAL COUNTY**

1547 East Common St.

New Braunfels, TX 78130

**Phone: 830-620-4357**

**24-Hour Crisis Hotline: 1-800-434-8013**

Website: ccccnbtx.org

**CHILDREN’S BEREAVEMENT CENTER**

205 W. Olmos Drive

San Antonio, TX 78212

**Phone: 210-736-4847 (HUGS)**

Website: <https://cbcst.org/>

***Helpful APPS for Tweens & Teens***

**CALM HARM-manage self-harm**

Assists with reducing self-harm

Provides some immediate techniques to help break the cycle

**HAPPIME: MOOD TRACKER AND DIARY**

Assists with stress, anxiety, and depression and helps build resilience towards difficulties in your life

**COVID COACH**

Assists with building resilience and managing stress

**THINKNINJA**

ThinkNinja is designed for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing. ThinkNinja also helps children and young people learn and develop a range of skills for when they are experiencing daily life stresses or who maybe feeling anxious or their mood feeling low.

**COVE: MUSIC FOR MENTAL HEALTH**

Music has been proven to have a calming effect. Cove lets you choose from six different moods, such as calm, struggling, longing, playful, clouded, and gentle in your private journal

**ATLAS CO**

Atlas Co is a mental health and fitness app designed for teens. It suggests a daily routine that includes listening to a short podcast, setting a goal, and reflecting on the day.

**CLEAR FEAR**

Recommended for ages 11-19. Developed by a clinician to help change anxious thoughts and emotions, alter anxious behaviors and calm feat responses.

***In-Patient Treatment Facilities***

**SAN ANTONIO BEHAVIORAL HEALTHCARE HOSPITAL**

8550 Huebner Rd

San Antonio, TX 78240

**Phone: 210-541-5300**

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

**CLARITY CHILD GUIDANCE CENTER**

8535 Tom Slick

San Antonio, TX 78229

**Phone: 210-616-0300**

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

**LAUREL RIDGE TREATMENT CENTER**

17720 Corporate Woods, Dr.

San Antonio, TX 78259

**Phone: 210-491-9400 or 800-624-7975**

Website: <https://laurelridgetc.com/>

**SAN ANTONIO STATE HOSPITAL**

6711 S New Braunfels Ave.

San Antonio, TX 78223

**Phone: 210-532-8811**

Website: <https://hhs.texas.gov/services/mental-health-substance-use/state-hospitals/san-antonio-state-hospital>