

Community Provider List

988-National Crisis Hotline

NATIONAL SUICIDE HOTLINE: 1-800-273-8255 (TALK)

Crisis Text Line (Assists with those who self-arm who prefer text over talking)-Text HELLO to 741741

AgriStress (Crisis Support for Agricultural Communities) Hotline: 833-897-2474 Call or Text 24/7

Counseling Services

PSYCHOLOGY TODAY

Put in your zip code and see pictures & information about therapists in our area

Website:

<https://www.psychologytoday.com/us>

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: cccnbt.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

HAPPYME: 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.

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>