

Referrals for website:

SACRD (San Antonio Community Resource Directory, search by Zip Code), <https://sacrd.org/directory/subcategory/mental-health-care>

Alcoholics Anonymous meeting finder (for online and in-person meetings), <https://aasanantonio.org/meetings/>

Narcotics Anonymous meeting finder (for online and in-person meetings), <https://eanaonline.org/meeting-search/>

Subsidized Residential Treatment: **Talk to Kristin for eligibility/admissions requirements

Lifetime Recovery Treatment Center (males), <https://www.lifetimerecoverytx.org/>
Alpha Home San Antonio (females), <https://www.alphahome.org/our-programs/>
Center for Healthcare Services Restoration Center (detox only), <https://www.detoxes.net/detox-centers/texas/san-antonio-tx/the-center-for-health-care-services-the-restoration-center/>

Journey Recovery Center, Alcohol and Drug Abuse Council for the Concho Valley, <http://www.adaccv.org/jrc>

Recovery Residences, William's House (males) and Sara's House (females), <http://www.adaccv.org/recovery-residences>

Residential Treatment (insurance needed):

Starlite Recovery Center, <https://www.starliterecovery.com/>

Right Step Hill Country, <https://www.rightstep.com/right-step-addiction-treatment-centers-texas/hill-country-tx-drug-rehab-center/>

Windmill Wellness Ranch, <https://windmillwellnessranch.com/>

Outpatient Programs (no insurance needed)

Step Up Counseling Outpatient Recovery Services, Boerne, <http://stepupcounseling.com/>

Alamo Center for Learning and Education, <https://www.alamocenter.org/sponsored-programs>

Rise Recovery Stipulated Program (for court-mandated clients under age 35), <https://www.riserecovery.org/about-us/our-services/stipulated-program/>

Hill Country Council on Alcohol and Drug Abuse in Kerrville
<https://www.hccada.org/outpatienttreatment.html>

Intensive Outpatient Programs (insurance needed)

Starlite Recovery Center, <https://www.starliterecovery.com/programs/iop/>

Creekview Counseling, <http://www.creekviewcounseling.com/journeys-adult-iop>

Alamo City Treatment Services, <https://acts2001.com/index.php/iop-intensive-outpatient-program/>

Reduced-cost psychiatric services: **Talk to Kristin for eligibility requirements

Kendall County Mental Health Center (one of the Hill Country MH/DD centers) <https://www.hillcountry.org/services/kendall-county-mh-center-2/>
Communicare San Antonio, <https://chcsbc.org/program-directory/>
Jewish Family Service, <https://jfs-sa.org/mental-health-services/>
Brightside telehealth services, <https://www.brightside.com/medication/>

Psychiatric services: (insurance needed)

Centric Physicians, Boerne (Dr Leech), www.centricphysicians.com
Genesis Behavioral Health, San Antonio, <https://genesisbehavioralhealth.org/>

Reduced or no-cost counseling services:

UTSA Sarabia Family Counseling Center, <https://education.utsa.edu/research-service-centers/sarabia-family-counseling-center/>
Catholic Charities Grace Counseling Center, <https://ccaosa.org/counseling/>
Family Service in San Antonio, <https://family-service.org/mental-wellness/>

Full cost counseling services (substance use and trauma issues):

Tiffany Bridgers, EMDR, Trauma-based counseling **Talk to Kristin about reduced rates
Olive Branch Counseling in Boerne and San Antonio, <https://olivebranchsa.com/counseling/>
Liz Keator Counseling, <https://www.lizkeatorcounseling.com/> (EMDR)

Mental Health Crisis Care (insurance needed):

Sigma Mental Health Urgent Care in Boerne, <https://www.sigmamhuc.com/>
Laurel Ridge, <https://laurelridgetc.com/>
San Antonio Behavioral Health, <https://www.sanantoniobehavioral.com/>

Hotlines for immediate help:

National Suicide Prevention Hotline: 1-800-273-8255
Alcohol and Drug Hotline: 1-800-821-4357
Crisis Text Line: Text "Home" to 741741
National Domestic Violence Hotline: 1-800-799-7233
National Parent Helpline: 1-855-427-2736 (855-44A-PARENT)
NA phone line: 210-434-0665
AA Hotline: 210-828-6235

Helpful Phone Apps:

Everything AA

In the Rooms

Breathing Zone (mindful breathing)

Pause (daily mindfulness)

Talkspace Therapy and Counseling

Moodnotes (mood tracker)