

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

[Lifetime Recovery Treatment Center](#) (males)

[Alpha Home San Antonio](#) (females)

[Journey Recovery Center, Alcohol and Drug Abuse Council for the Concho Valley](#)

Residential Treatment (insurance needed):

[Starlite Recovery Center](#)

[Right Step Hill Country](#)

[Windmill Wellness Ranch](#)

Blue Heron Recovery <https://blueheronrecovery.com/>

San Antonio Recovery Center <https://www.sanantoniorecoverycenter.com/>

New Choices Treatment Centers <https://newchoicestc.com/>

Ripple Ranch <https://ripleranch.com/>

Warrior's Heart <https://www.warriorsheart.com/> (for veterans and first responders)

La Hacienda <https://www.lahacienda.com/>

Sober Living House Finder: <https://sacrd.org/directory/subcategory/sober-living?page=2>

Outpatient Programs

[Step Up Counseling Outpatient Recovery Services, Boerne](#)

[Rise Recovery Stipulated Program](#) (for court-mandated clients under age 35)

[Hill Country Council on Alcohol and Drug Abuse, Kerrville](#)

Intensive Outpatient Programs: (insurance needed)

[Starlite Recovery Center](#)

[Creekview Counseling](#)

[Alamo City Treatment Services](#)

Reduced-cost psychiatric services:

[Kendall County Mental Health Center](#) (one of the Hill Country MH/DD centers)

[Center for Health Care Services San Antonio](#) (**Communicare link is CHCS**)

Communicare

<https://communicaresa.org/healthcare-services/behavioral-health/>

[Brightside telehealth services](#)

Reduced cost counseling services:

[Jewish Family Service](#)

[Catholic Charities Grace Counseling Center](#)

The Ecumenical Center <https://www.echrh.org/counseling/appointments/>

[UTSA Sarabia Family Counseling Center](#)

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](#)

[Liz Keator Counseling](#) (EMDR, Trauma-based counseling)

Mental Health Crisis Care (insurance needed):
Methodist Hospital Specialty and Transplant,
<https://www.sahealth.com/locations/methodist-hospital-specialty-and-transplant/specialties/mental-health-and-wellness>
[Sigma Mental Health Urgent Care in Boerne](#)
[Laurel Ridge](#)
[San Antonio Behavioral Health](#)

Hotlines for immediate help:

988 Suicide and Crisis Lifeline (call or text)
National Domestic Violence Hotline: 1-800-799-7233
National Parent Helpline: 1-855-427-2736 (855-44A-PARENT)
NA phone line: 210-434-0665 (to find meetings)
AA Hotline: 210-828-6235 (to talk to someone who can help)

Helpful Phone Apps:

Everything AA
In The Rooms
Breathing Zone (mindful breathing)