

BEHAVIORAL HEALTH RESOURCES FOR ADULTS

If you or a loved one are struggling emotionally or having a hard time, reach out for help. You can be the difference in getting a loved one the help they need. If you have a primary care physician/provider, let them know you if you are experiencing:

- anxiety, nervousness
- depression, sadness, feeling hopeless, withdrawing, frequent crying spells
- difficulty sleeping
- increasing the use of alcohol or using drugs
- mood swings, anger

If you are in crisis or having suicidal thoughts, help is available.

CRISIS SERVICES

EMERGENCY/POLICE/EMS: 911 - Call if you or a loved-one are experiencing a life-threatening emergency, including thoughts of harm or suicide.

National Suicide Prevention Lifeline: 988; 24/7 free, confidential emotional support.

(English) www.suicidepreventionlifeline.org

(Español) www.suicidepreventionlifeline.org/help-yourself/en-espanol

The Center for Health Care Services (CHCS): www.chcsbc.org

24-hour Crisis Helpline: 210-223-SAFE (7233)

Crisis Care Center: 601 N. Frio, San Antonio; 24/7 walk-in services.

Mobile Crisis Outreach Team (MCOT): 210-223-SAFE (7233); Face-to-face assessments where you are.

Substance Abuse & Mental Health Services Administration (SAMHSA): www.samhsa.gov

National Helpline: 1-800-662-HELP (4357)

SAMHSA Disaster Distress Hotline: (Toll free English/Español) **1-800-985-5990**

Battered Women & Children's Shelter Crisis Line: 210-733-8810

OUTPATIENT TREATMENT SERVICES

Reach out to your primary care provider if you have one.

Bexar County Department of Behavioral Health: 210-335-0764; Resource Guide: www.bexar.org/mhd

The Center for Health Care Services (CHCS): call intake **210-261-CHCS (2427)**, Monday-Friday, 8:30am- 5:30pm, to begin the registration process.

Substance Use Disorder Treatment- OSAR (Outreach, Screening, Assessment & Referral): 210-261-3076, M-F 8:00am-5:00pm.

San Antonio Council on Alcohol & Drug Awareness (SACADA): 210-225-4741; www.sacada.org

SUPPORT GROUPS, EDUCATION, REFERRAL SOURCES

NAMI-SAN ANTONIO (National Alliance on Mental Illness): 210-734-3349; www.nami-sa.org

HOSPITAL PSYCHIATRIC INPATIENT SERVICES

If you need immediate evaluation, you can go to one of the following hospitals:

Cedar Hills Behavioral Hospital: 210-876-5001; www.cedarhillsbehavioral.com; 1975 Babcock Rd.

Laurel Ridge Treatment Center: 210-491-9400; www.laurelridgetc.com; 17720 Corporate Woods Dr.

Methodist Specialty & Transplant Hospital: 210-575-8110; www.sahealth.com; 8026 Floyd Curl Dr.

Baptist Health System (adults over 55): 210-297-7000; www.baptisthealthsystem.com; 8811 Village Dr. or 111 Dallas St.

San Antonio Behavioral Healthcare Hospital: 210-541-5300; www.sanantoniobehavioral.com; 8550 Huebner Rd

University Hospital: 210-358-4000; www.universityhealthsystem.com; 4502 Medical Dr.

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BEHAVIORAL HEALTH RESOURCES FOR CHILDREN AND TEENAGERS

Children and teenagers react to stress in different ways depending on their age. They have less experience developing ways to cope, and are at particular risk during stressful times, including the COVID-19 pandemic. You can be the difference in getting them the help they need by recognizing stress reactions, modeling coping skills, and providing support and communication. Pay attention, be a good listener, let them ask questions.

Things to look for (adapted from www.cdc.gov and www.samhsa.gov):

Infants and Toddlers, 0 to 2 years old: may sense when caregiver/parent is upset; may show same emotions as their caregiver; cry for no reason, withdraw from people, do not play with toys; want to be held/cuddled more.

Children, 3 to 5 years old: fear, worry, become clingy, cry, scream, have temper tantrums; have problems sleeping, nightmares; have return of previous behaviors of bedwetting, thumb sucking, or fear of the dark.

Children, 6 to 10 years old: withdraw from others/friends or activities; sudden outbursts or being aggressive; difficulty focusing or concentrating; fear, worry, feel sad or anxious; become irritable; do poorly in school; may act younger asking to be fed or dressed by a parent/caregiver.

Youth and Adolescents, 11 to 17 years old: may have similar reactions to those of 6 to 10 year olds; may also have sudden, upsetting memories, engage in risky behaviors such as using drugs or alcohol; may have anxiety when hearing and reading about infectious disease spread/outbreak; may respond “I’m okay” or even silence when upset; may have physical aches or pains; may start arguments, resist authority.

If a child is in crisis or having suicidal thoughts or thoughts or attempts of self-harm, there is help available.

CRISIS SERVICES

EMERGENCY/POLICE/EMS: 911 - Call if you or a loved-one are experiencing a life-threatening emergency, including thoughts of harm or suicide.

National Suicide Prevention Lifeline: 988; 24/7 free, confidential emotional support.

(English) www.suicidepreventionlifeline.org

(Español) www.suicidepreventionlifeline.org/help-yourself/en-espanol

The Center for Health Care Services (CHCS): www.chcsbc.org

24-hour Crisis Helpline: 210-223-SAFE (7233)

Child Crisis Mobile Outreach Team: 210-223-SAFE (7233); Provides on-site evaluations in the community.

Battered Women & Children’s Shelter Crisis Line: 210-733-8810

Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov

National Hotline: 1-800-662-HELP (4357)

SAMHSA Disaster Distress Hotline: (Toll free English/Español) **1-800-985-5990**

OUTPATIENT TREATMENT SERVICES

If your child has a pediatrician or primary care provider, share your concerns with them.

Bexar County Department of Behavioral Health: 210-335-0764; Resource Guide: www.bexar.org/mhd

The Center for Health Care Services (CHCS): call intake **210-261-CHCS (2427);** (Monday-Friday, 8:30am – 5:30pm).

San Antonio Council on Alcohol & Drug Awareness (SACADA): 210-225-4741; www.sacada.org

Autism Community Network: 210-435-1000; www.acn-sa.org

Children’s Bereavement Center of South Texas: 210-736-4847; www.cbcst.org; (counseling for loss of a loved one)

Family Service Association: 210-299-2400; www.family-service.org; (counseling and other services)

Rise Recovery: 210-227-2634; www.riserecovery.org; (treatment for alcohol and drug disorders)

HOSPITAL PSYCHIATRIC INPATIENT SERVICES FOR CHILDREN

If you are concerned for your child’s immediate safety, you can take your child for an emergency evaluation.

Clarity Child Guidance Center: 210-616-0300; www.claritycgc.org; 8535 Tom Slick

Laurel Ridge Treatment Center: 210-491-9400; www.laurelridgetc.com; 17720 Corporate Woods Dr.

San Antonio Behavioral Health Hospital: 210-541-5300; www.sanantoniobehavioral.com; 8550 Huebner Rd.