

Facing our Depths



a resource guide
for mental health management

San Antonio, TX

Presented by  saf.church

The Lord hears his people when they call to him for help. He rescues them from all of their troubles. The LORD is close to the brokenhearted; He rescues those whose spirits are crushed.

- Psalm 34:17-18

Everyone faces tough challenges in their lives. **Everyone.** Jesus even told us, "here on earth you will have many trials and sorrows." It is the nature of this fallen world. When the hard stuff happens, when you feel lost and alone, when you are up against something you cannot handle on your own, SAF.Church is here to help.

Types of Mental Health Challenges

Our mental and emotional health can be impacted by hardships or negative events in our lives, like the loss of a loved one or life's dream, relationship friction, or financial strain. These circumstances can be difficult to process through and reconcile. Healing can feel elusive, and a hope of thriving may begin to fade into a life of a survival.

Sometimes a mental health challenge arises due to factors not related to a situation or event. These disorders can affect moods, emotions, and thinking, interacting with the body's physical processes. A person may find that an event triggers the onset of a disorder for which they were predisposed, in the same way a person with asthma may have discovered it after a bad cold, or after encountering a pollutant like smog or smoke. Or they may discover it without recognizing any related event(s).

Facing a mental or emotional health challenge can be daunting, but finding the right professional to help guide

you through treatment options can provide the support, relief, and confidence needed to restore stability and enjoy a fulfilling life. SAF.Church has put this resource together for you in hopes of guiding you to a path of healing with the right providers.

If you think you may be facing a mental health challenge, we are here for you, praying for you, and holding confidently to Hope, which is the joy of experiencing good things growing in and through us by God's grace and love. Maybe right now you cannot see hope, or feel joy? We understand. Jesus understands. And, we will stand with you, encourage you, and cheer you on towards Hope and Joy!

What's Inside

- Links to resources, both online and local.
 - A guide to finding the right provider for your particular needs while considering financial costs.
 - Emergency hotline numbers.
 - Additional resources for continued care.
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...we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

-Romans 5:3-5

For life-threatening emergencies, call 9-1-1 IMMEDIATELY!

FACING THE DEPTHS

Online Screening Tools

Research shows the prevalence of depression at about 8.1% of US adults, aged 20 years and over.¹ Anxiety is estimated at 18.1%, the most common disorder.²

If you are concerned that you or someone you know is experiencing symptoms of depression, here is an online assessment which can help you determine if your symptoms indicate depression:³ <https://cesd-r.com/>

This is a depression scale that gives information about a person's depression symptoms.

Here are the recommended actions after taking this test:

If your score indicates "possible depression," "probably depression," or "meets criteria for depression" please make it a priority to speak with a mental health professional or physician.

¹ <https://www.cdc.gov/nchs/products/databriefs/db303.htm>

² <https://adaa.org/about-adaa/press-room/facts-statistics>

³ This is a free tool online to help assess the presence of major depression. This assessment does not take the place of medical advice.

What if my score doesn't indicate anything?

If your score indicates “sub-threshold” or “no clinical significance” but you feel symptoms, contact your primary care manager, a local counselor, or reach out to your pastoral staff. *See links below:*

Visit saf.church to send a message to our pastoral staff.

Community Bible Church offers several options from pastoral counseling to a list of licensed professionals: <https://cbc.global/cbc/care>

Further Online Screening Tools

For further screening tools for depression, anxiety, and related disorders visit ADAA.org

There you will find multiple screening tools to help guide you in the search for the right professional. The Anxiety and Depression Association of America (ADAA) offers articles, blogs, videos, webinars, and community support for the general public.

This website also provides information about depression and anxiety in children.

Visit APA.org for a comprehensive resource center for depression, anxiety, and addiction. There are articles and an option to connect with an expert for personalized help.

NEXT STEPS: Steps to Finding Counseling

What to look for:

- If you feel you need medication support, look for a psychiatrist. Physicians prescribe psychotropic medications.
- If you feel that you need counseling support, look for a counselor or psychologist.

Usually a combination of medicinal support with therapy is most effective.⁴ If you find a psychiatrist or a psychologist, they will likely have recommendations for a partnering provider.

With Health Insurance

If you have health insurance, check on your insurance company's web page or call the customer service number and request a list of providers. Therapy services can be expensive, and using providers who are in your insurance panel can help keep the costs down and stay in treatment longer.

Without Health Insurance

If you do not have health insurance there are several clinics that provide services at sliding scale rates.⁵ The following pages list of some of those clinics in the San Antonio area:

⁴ https://cpa.ca/docs/File/Practice/TheEfficacyAndEffectivenessOfPsychologicalTreatments_web.pdf

⁵ A sliding scale rate is a payment plan based on ability to pay.

- Abiding Hope Institute of Christian Counseling:
(210) 236-7768

Office at: 19115 Nacogdoches Loop #12, SATX 78266

Services: Non-profit helping individuals & families by offering Christian counseling for \$20.00 per session. Also providing counseling at CAM (Christian Assistance Ministries) at the same affordable rates.

- BCFS Services to At Risk Youth (STAR Program) :
(210) 283-5183

Office at: 101 Peaceful Ln, Converse, TX 78109

Services: Free family, individual, and group counseling (also available in Spanish), Crisis intervention, Education and support groups for parents and youth that include parenting skills, stress management and stranger danger, Child abuse prevention training and Short-term, emergency respite placement. BCFS' STAR program is FREE to families in the following Texas counties: Bexar (San Antonio), Val Verde (Del Rio), Kinney, Sutton, Crockett, Schleicher, Aransas, San Patricio, Refugio, Bee, Live Oak, McMullen, and Goliad Counties.

- Catholic Charities:
(210) 222-1294

Office at: 202 W French Pl, SATX 78212

Services: Offering free and low-cost Child-Adolescent-Adult & Family Counseling services in San Antonio and surrounding areas allowing you to receive affordable counseling services regardless of your income level. Counseling services are provided individuals 4 years of age and older and families who reside within Bexar County and designated rural areas of the San Antonio Archdiocese.

- Center for Health Care Services:
(210) 225-5481 (Main)

Office at: 601 N. Frio SATX 78207

Services for ADULT Intake: (210) 261-1250 Comprehensive services including psychiatric evaluation & treatment, medical follow-ups and management, wellness counseling and education, individual & group therapy, psychosocial rehabilitation and case management.

Services for CHILD Intake: (210) 261-3350 Provides mental health treatment to residents of Bexar County ages 3 to 17.

Services include psychiatric assessment and pharmacological management, counseling, skills training, case management caregiver training and family partner support.

- Family Service Association:
(210) 299-2400

Office at: 702 San Pedro SATX 78212

Services: Individual, Couples, Family, Group, Substance Abuse Counseling, and Consultations. at-home or office-based visits.

- Family Life Center – St. Mary’s:
(210) 438-6411

Office at: 251 W Ligustrum Dr, SATX 78228

Services: Low cost counseling, Family Life Center offers high quality services on a sliding scale based on a client’s household income and personal financial situation. Fees are determined when first therapy session is scheduled.

- UTSA Community/Sarabia Family Life Center:
(210) 458-2055

Office at: 501 W César E Chávez Blvd SATX 78207

Services: Providing free counseling and psycho-educational services to the community through university-sponsored clinics and community partnerships.

- Jewish Family Service of San Antonio:
(210) 302-6920 / (210) 533-1112

Offices at: 12500 NW Military Hwy SATX 78231/
1151 Mission Rd SATX 78210

Services: Services offered on an income-based sliding fee scale or insurance to individuals, families, and couples. Psychiatric services are available by appointment for psychiatric assessments and medication prescription/monitoring.

- Joven:
(210) 924-0330

Office at: 507 E. Mayfield San Antonio, TX 78214

Services: COPE Services - mental health care services and treatment to individuals with a mental illness and coordinating services for individuals who have a mental illness with other transition support services

Victim Services - counseling and educational support groups for children who have experienced a significant loss or traumatic event in their lives.

- OLLU Community Counseling Service:
(210) 434-1054

Office at: 590 N. General McMullen, Suite 3 SATX 78228

Services: Daytime, evening and weekend appointments also has a walk-in clinic from 10 a.m.-5 p.m. most days - Fees are based on the total household income and the number of people living in your home. Ability to pay will not be an obstacle to getting help.

Locations I've Called:

HOSPITAL CARE

Private Hospitals accept most insurances and you can receive treatment at the following:

- Nix Health Care System

414 Navarro Street, San Antonio TX 78205
210.271.1800

- Laurel Ridge Treatment Center

17720 Corporate Woods Dr, San Antonio, TX 78259
210.491.9400

- University Health System

4502 Medical Dr, San Antonio, TX 78229
210.358.4000

- Methodist Specialty and Transplant System

8026 Floyd Curl Dr, San Antonio, TX 78229
210.575.8110

- Clarity Child Guidance System (Kids only)

8535 Tom Slick, San Antonio, TX 78229
210.616.0300

(not open for walk-ins 24/7, call ahead)

- Southwest General Hospital

7400 Barlite Blvd, San Antonio, TX 78224
210.921.2000

- Baptist Health System (Geriatric only)

1933 NE Interstate 410 Loop, San Antonio, TX 78217
210.832.9274

If you do not have the ability to pay for an evaluation you can go to the psychiatric emergency services located at:

- Methodist Specialty & Transplant Hospital
8026 Floyd Curl Dr, San Antonio, TX 78229
210.575.8110

- Southwest General Hospital
7400 Barlite Blvd, San Antonio, TX 78224
210.921.2000

- San Antonio Behavioral Hospital
8550 Huebner Rd, San Antonio, TX 78238
210.541.5300

- University Health System
4502 Medical Dr, San Antonio, TX 78229
210.358.4000

Locations I've Called:

Additional Mental Health Services

Here is a list of local outpatient service providers:

- Alamo Elite Wellness: (210) 481-8673

Office at: 4242 Woodcock Dr. Ste 201 SATX 78228

Services: Medication Management Medication for depression and other mental disorders or conditions in persons of all ages. Psychotherapy for Individuals, couples, and families.

- Avalon Social Services Inc: (210) 735-7275

Office at: 1731 N Comal St, SATX 78212

Services: Counseling for mental health concerns, cognitive problems, behavioral problems, ADHD, substance abuse and addiction, grief and loss, domestic violence, relationship problems, etc. Counseling is available in-office, in-home and in both English and Spanish.

- Centro Med Behavioral Health: (210) 922-7000

Offices at: 3750 Commercial Ave SATX 78221 AND

5542 Walzem Rd SATX 78218

Services: Counseling for individuals (children and adults) and families, Bilingual services, including sexual abuse, physical abuse, family violence, parenting, and general Substance Use Disorder (SUD) Treatment services.

- Nueva Vida Behavioral Health: (210) 616-0828
Office at: 9500 Tioga Dr. SATX 78230
Services: Individual and group counseling in office, at home or at other rehabilitation locations for all ages, behavioral medication management, psychological pre surgery screenings, forensic counseling for families/ and supportive learning services.

- Sage Social Services: (210) 248-9077 /
(844) 556-1134
Office at: 101 Peaceful Ln, Converse, TX 78109
Services: Individual Counseling, Family/Group Therapy, Animal Assisted Therapy and Play Therapy. Also available: Supervised Therapeutic Visitation, helping parents who cannot have unsupervised access to their children by creating a one-on-one supportive setting where the relationship can safely continue and be strengthened while pending legal issues are addressed by the child protective and court systems.

- Sigma Mental Health Urgent Care: (210) 314-4564 /
(830) 816-5566
Office at: 18587 Sigma Rd Suite 260 SATX AND 1201 S. Main St. Suite 101, Boerne, TX 78006, Services: Mental health crisis assessment, Crisis counseling, Short-term counseling, Psychopharmacological services

- South Texas Behavioral Medicine: (210) 699-8881
Office at: 12050 Vance Jackson Rd Ste 201 SATX 78230
Services: Specializing in Adolescent Medicine, Child & Adolescent Psychiatry, Neurology, Psychology and Psychiatry with 6 physicians.

- Urgent Behavioral Health Care: (210) 591-1615
Office at: 311Camden St #510 SATX 78215
Services: Hospital Discharge / Transitional Care, Outpatient Psychiatric Evaluations (Geriatric and Adult), Competency Evaluations, Psychopharmacological Management, Skilled Nursing Facility Consultations, Individual, Couples and Family Therapy

- UT Health Psychiatry: (210) 450-6450
Office at: 7526 Louis Pasteur SATX 78229
Services: Services for children, adolescents and adults; evaluation and treatment for anxiety, depression, bipolar disorder, ADD/ADHD, dementia and other cognitive disorders.
Ages: Children, Adolescents, Adults and Older Adults
Approaches: Brief and Solution Oriented, Emotional Integration, Person Centered, Individualized Approach, Academic/ Behavioral Reconstruction.

Other ways to find providers:

Some websites offer lists and referrals that can be useful. For the San Antonio area here are links⁶ to some helpful pages:

psychologytoday.com/us/psychiatrists/tx/san-antonio

nami.org/find-support/living-with-a-mental-health-condition/finding-a-mental-health-professional

(this site is available in Spanish)

yelp.com/search?

cflt=c_and_mh&find_loc=San+Antonio%2C+TX

⁶ These lists are linked in digital format. To access these sites, use your browser to search the titles or type the addresses as listed.

FOR MILITARY MEMBERS AND FAMILIES

If you are active duty, retired, or otherwise qualified for military healthcare then you can receive mental health benefits at Joint Base San Antonio medical facilities. You may receive a referral from your PCM or utilize the walk-in services and groups. Visit jbsa.mil/Resources/Medical/Mental-and-Behavioral-Health-Services/ to learn more.⁷

Use the point of service option under Tricare to receive services off base/post.

For urgent mental health care associated with military service visit the following sites:

[Military OnceSource](#)

Wounded Warrior Resource Call Center
(800) 342-9647

VeteransCrisisLine.net/get-help/military-crisis-line
(800) 273-8255
text: 838255

AfterDeployment.org

[Real Warriors: Resilience, Recovery, Reintegration](#)

For reporting sexual assault safely and anonymously:

safehelpline.org

⁷ The following lists are linked in digital format. To access these sites, use your browser to search the titles or type the addresses as listed.

ADDITIONAL CRISIS HELP

For emergencies:

[Suicide Prevention Hotline: \(800\) 273-TALK \(8255\)](tel:(800)273-TALK(8255))

[National Institute of Mental Health](https://www.nimh.nih.gov/)

For continued crisis and managed support online and locally:

[ProjectSemicolon.com](https://www.projectsemicolon.com/)

[NoStigmas.org](https://www.nostigmas.org/)

Books, Pods, and Apps:⁸

[APA LifeTools Book Database](#)

[Forbes List of Mental Health and Wellness Podcasts](#)

[ADAA List of Apps for Depression and Anxiety](#)

Visit [SAF.Church](https://www.saf.church) or [facebook.com/sanantoniofirstchurch](https://www.facebook.com/sanantoniofirstchurch) to see sermons from the mental health series “Exploring our Depths.”

⁸ These lists are linked in digital format. To access these sites, use your browser to search the titles or type the addresses as listed.

Information About This Publication

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The resources provided here are for educational purposes only and do not take the place of a physician's or physiologist's care. Please consult your providers before beginning new regiments. Never take medication given to you by someone other than your doctor with a written prescription. Psychotropic medicines are not over the counter (OTC). Ask your provider about natural, OTC supplements.

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Thank you!

**FOR LIFE THREATENING EMERGENCIES
OR IF HAVING SUICIDAL THOUGHTS,
CALL 9-1-1**



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