



Free, Low-Cost and Online Mental Health Resources in the 210

At Health Conianza, a community-wide health project, we know that the COVID-19 pandemic affects everyone's mental health differently. Whatever your life stage or situation, remember your mental health matters. Take advantage of free, low-cost and online resources available in San Antonio.

What is mental illness?

Any kind of illness that can affect your mood, thinking or how you act.

SOME PEOPLE ARE MORE LIKELY TO EXPERIENCE SYMPTOMS OF MENTAL ILLNESS AND DISORDERS DURING THE PANDEMIC, INCLUDING:

- People with financial or housing insecurity
- Mothers and those who are pregnant
- Children
- People with certain disabilities
- People who lack access to healthcare, including mental health services
- People with chronic conditions
- People with preexisting mental illness or substance use problems
- Health care workers and frontline workers, such as teachers and police

If you've had COVID-19, you could experience symptoms related to Long COVID that affect mental health, including: anxiety, depression, suicidal behavior and more. **Get support.**

LOW-COST AND FREE COUNSELING SERVICES IN THE 210

Be Well, Texas

(888) 85-BeWell
bewelltexas.org

BCFS Family and Youth Success (FAYS) Program

(210) 283-5183
discoverbcfs.net/fays/

Center for Health Care Services

(210) 223-SAFE (7233)
chcsbc.org

Family Service

(210) 299-2406
family-service.org

Pride Community Clinic

(210) 570-7318

aarcsa.com

Project YES @ UT Teen Health

(210) 567-7036

utteenhealth.org

RecoveryTexas.org

(833) 922-2557

**Sarabia Family Counseling Center
(UTSA Downtown)**

(210) 458-2055

sfcc.utsa@gmail.com

St. Dominic Catholic Church

stdominicsa.org/

The Ecumenical Center

(210) 616-0884

ecrh.org/

HOTLINES AND HELPLINES**Alcoholics Anonymous**

(210) 828-6235

American Red Cross Phone

(210) 224-5151 or (800) 775-6803

**Battered Women & Children's
Shelter**

CRISIS LINE: (210) 733-8810

Domestic Abuse

(800) 870-0368

Haven for Hope

(210) 220-2350

**Referral Lines Alamo Service
Connection**

(210) 477-3275

**Services for senior citizens and those with disabilities*

Narcotics Anonymous

(800) 221-9091

Society of St. Vincent de Paul

(210) 225-7837

Substance Abuse

(210) 271-9452

IDEAS FOR A NO-COST MENTAL HEALTH BOOST

- Meditation
- Gratitude
- Physical Activity
- Spending Time in Nature
- Pets
- Healthy Diet
- Art & Creativity
- Social Connections
- Volunteering
- Faith

Boost Community. Boost Health.

Visit **HealthConfianza.org** to learn more about our Community Health Clubs, a FREE, fun and social way to take charge of your health and wellness.

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