



Community Resource Guide



TABLE OF CONTENTS

Hotlines	2
Crisis & Emergency	5
Mental Health & Psychiatric Services	9
Rent & Utilities	13
Food Resources	15
Housing & Shelter	19
Healthcare Services	22
Children & Family Support	25
Technology Apps	28

If you are experiencing a mental health crisis, please contact our local mental health crisis center at 210-223-7233 or call 911 for immediate assistance. Crisis counselors are also available 24/7 via text. Text HOME to 741741.

If you need additional support, please reach out to your campus counselor or support specialist.

Hotlines

Hotlines

Mental Health Services

- BEXAR COUNTY: 210-223-7233, 1-800-316-9241
- COMAL COUNTY: 1-877-466-0660
- GUADALUPE COUNTY: 800-506-6394
- HAYS COUNTY: 512-667-9870
- KENDALL COUNTY: 830-249-9328

Warm Line (NON-EMERGENCY LINE) - MHDD

- 1-888-690-0799
- 24/7 Support - Speak with a mental health professional for help dealing with: anxiety, depression, stress, worry or grief

Adult Protective Services

- 1-800-989-6884

Child Protective Services

- 1-800-989-6884

National Hopeline Network

- 1-800-784-2433

National Suicide Prevention Lifeline

- 1-800-273-8255
- 1-800-799-4889 (for hearing/speech impaired)

Self-Injury Hotline

- 1-800-366-8288

National Teen Dating Abuse Hotline

- 1-866-331-9474

National Human Trafficking Resource Center

- 1-888-373-7888
- Text BEFREE with details of situation

National Sexual Assault Hotline

1-800-656-4673

National Runaway Hotline

1-800-786-2929

Text - 66008

Trevor Project (LGBTQ)

1-866-488-7386

Comal County Crime Stoppers

830-620-8477, 1-800-640-8422

Crisis Center of Comal County

1-800-434-8013

Shelter for victims of domestic violence

Crisis Text Line-for any crisis

Text HOME or CONNECT to 741741

Crisis & Emergency

Crisis & Emergency Assistance

Hill Country Mental Health & Developmental Disabilities

- NEW BRAUNFELS: 830-620-6221
- CANYON LAKE: 830-387-5995
- SPRING BRANCH: 830-387-5995
- 24/7 CRISIS HOTLINE: 877-466-0660

The Center for Health Care Services

- 1-800-316-9241
- 210-223-SAFE(7233)

Connections Individual and Family Services

- 705 Comal Ave, New Braunfels, TX 78130
- 830-629-6571
- 24/7 CRISIS HOTLINE: 1-(800)-532-8192

American Red Cross

- 830-608-9876
- Alleviates human suffering in the face of emergencies

Community Resource Recreation Center (CRRC)

- 830-964-2324
- Emergency financial assistance, job counseling, thrift store, emergency food pantry, medical equipment loan program, meals-on-wheels, and other resources in the Canyon Lake area

Disaster Distress Helpline

- 800-985-5990
- Crisis counseling & support for emotional distress related to natural or human caused disasters

Family Life Center

- 830-625-7100
- 830-379-1997
- Assists with rent, utilities, food, transportation, short term prescriptions, furniture, appliances, and other services

Family Promise (families w/children)

- 830-214-0024
- Helps homeless families regain independence by providing transportation, job training & life skill classes

Salvation Army - New Braunfels

- 830-608-9129

Battered Women's & Children's Shelter

- 210-733-8810
- 210-930-3669

Comal County Women's Center

- 830-620-4357

Crisis Center of Comal County

- 830-625-7520, 1-800-434-8013
- Shelter for children and adult victims of domestic violence

Guadalupe Valley Family Shelter

- 800-834-2033, 830-372-2780
- Free & confidential services for survivors of domestic violence & sexual abuse

Hays-Caldwell Women's Shelter

- 512-396-4357

Texas Homeless Network (meds, food, housing)

- 512-482-8270

Mental Health & Psychiatric Services

Mental Health & Psychiatric Services

Mental Health

Connections Individual and Family Services

☐ 830-629-6571

PACE Counseling Group

☐ 210-481-3727

Hill Country Wellness

☐ 830-481-1644

The Vine Wellness Group

☐ 210-490-4419

Pathlight Mood & Anxiety Center / Eating Recovery Center

☐ 1-866-633-5042

Center for Health Care Services

☐ 210-261-1000

Children's Bereavement Center (grief counseling)

☐ 210-736-4847

River City Advocacy & Counseling Center

☐ 830-643-0200

RecoveryWerks!

☐ 830-310-2585

Allison & Associates Counseling

☐ 830-620-1175

Hope Hospice of New Braunfels

☐ 830-625-7525

InMindOut Emotional Wellness Center

☐ 830-730-6090

New Braunfels Counseling Center

☐ 830-625-0599

Crisis Center of Comal County

☐ 830-620-7520

Riverbend Counseling

☐ 830-515-8480

Living Tree New Braunfels Counseling Center

☐ 281-925-7780

Ellie Mental Health

☐ 830-402-5890

Psychiatric Services

Clarity Child Guidance Center

- 210-616-0300 main
- 210-582-6412 crisis

Laurel Ridge Treatment Center

- 210-491-9400

San Antonio Behavioral Health

- 210 541-5300

Restore Behavioral Health

- 210-858-1900

Genesis Behavioral Health

- 210-404-9696

Mind Works

- 210-366-3700

Sigma Mental Health Urgent Care

- 210-314-4564
- Will support individuals with intellectual disabilities

River Valley Pediatrics

- 830-627-9878
- Will support individuals with intellectual disabilities

Insight Mental Wellness - Dr. Gloria Tolani

- 210-791-9073
- Will support individuals with intellectual disabilities

New Braunfels Psych - Dr. Whitney Mitchell

- 830-625-0600
- Will support individuals with intellectual disabilities

Individual and Family Psychiatry - Dr. Yajaira Yuri Paparone

- 210-934-1105
- Will support individuals with intellectual disabilities

Rent & Utilities

Rent & Utilities Assistance

Catholic Charities

- 210-222-1294
- Housing, immigrant & refugee services, integrated health & nutrition, and disaster services

Sts. Peter & Paul-New Braunfels Community Outreach

- 830-625-4531
- Disaster relief, SOS Food Bank, Feeding the Hungry, ministry for sick & homebound, and prison ministry

Community Council of South Central Texas

- 830-303-4376
- Basic needs and financial assistance to low-income families aiming toward self-sufficiency

Salvation Army - New Braunfels

- 830-608-9129
- Emergency disaster services, rehabilitation, housing, youth & senior services, assist with basic needs

Family Life Center

- 830-625-7100, 830-379-1997
- Rent, utilities, food, transportation, short-term prescriptions, furniture, appliances, and other services

Food Resources

Food Assistance

Believers Christian Fellowship Smithson Valley

- 830-885-2214
- Food distribution to those in need

Community Resource Recreation Center (CRRC)

- 830-964-2324
- Emergency financial crisis assistance, job counseling, thrift store, emergency food pantry, medical equipment loan program, meals-on-wheels, and other resources in the Canyon Lake area

Eats Foundation

- 830-372-4900
- Food distribution to those in need

Family Life Center

- 830-625-7100
- 830-379-1997
- Rent, utilities, food, transportation, short-term prescriptions, furniture, appliances, and other services

Food Stamps (SNAP)

- 2-1-1
- State program helps people with little or no money, needing to buy food, pay for basic needs, health care, & WIC

Good Samaritan Food Pantry (for Blanco County)

- 830-833-5269

Hays County Food Bank

- 512-392-8300
- Emergency food assistance for low-income households

Helping Hands Food Pantry

- 830-885-4998
- Food assistance, 1st & 3rd Thursday, 4-5:45

Honey Creek Food Distribution/St. Joseph Church

- 830-438-3725 (Spring Branch area)

Hope Center

- 830-980-4673

Kitchen Table (San Antonio Food Bank)

- 830-327-6000
- Financial literacy, senior services, family dining, children's services-Kids Café & Backpack program, benefit assistance, nutritional education, client choice pantry

Los Ninos Children's Center (by appointment)

- 940-782-1018

New Braunfels Food Bank

- 830-327-6000

Provisions

- 830-438-7899
- Food, household necessities, clothing, & service referrals living in the area

Sts. Peter & Paul-New Braunfels Community Outreach

- 830-625-4531
- Disaster relief, SOS Food Bank, Feeding the Hungry, ministry for sick & homebound, and prison ministry

Salvation Army - New Braunfels

- 830-608-9129
- Emergency disaster services, rehabilitation, housing, youth & senior services, assist with basic needs, Sundays 5-6 meals for homeless/poor

Silo Food Pantry

- 830-620-4353
- find local pantries, soup kitchens, food shelves, food banks & other food help

Smithson Valley Food Pantry

- 830-885-2214

Spirit of Sharing (SOS Food Bank)

830-629-3663

Steve's Pantry-emergency food, clothing, laundry & showers

830-625-7200

Texas Homeless Network (meds, food, housing)

512-482-8270

Westside Community Center

830-221-4301

Free meals/homework help/cooking classes

Wings for Life

830-420-3777

Women, Infants & Children (WIC)

830-625-1441

Food supplements for babies, infants, nursing mothers

Housing & Shelter

Housing & Shelter Assistance

Battered Women's & Children's Shelter

- 210-733-8810
- 1-800-532-8192

Crisis Center of Comal County

- 830-620-7520
- 1-800-434-8013
- Crisis line, shelter, counseling, support groups, legal advocacy, victims advocacy, transportation, information/referral & community education/prevention

Family Endeavors

- 210-431-6466

Family Promise (families w/children)

- 830-214-0024
- Helps homeless families regain independence by providing transportation, job training & life skill classes

Haven for Hope

- 210-220-2100
- Offers a place of hope & new beginning by coordinating & delivering an efficient system of care for people experiencing homelessness in Bexar County

Hays-Caldwell Women's Center (HCWC)

- 512-396-4357 or 800-700-4292
- Serves victims of family violence, sexual assault & child abuse in Caldwell & Hays counties

Salvation Army - New Braunfels

- 830-608-9129
- Emergency disaster services, rehabilitation, housing, youth & senior services, assist with basic needs

Southside Community Center

- 512-392-6694
- Adults only - shower and laundry

Texas Homeless Network

- 512-482-8270
- Medication, food, housing

Connections (shelter)

- 830-438-2458
- 830-629-6571
- 1-800-532-8192/24 hr. crisis line
- Youth emergency shelter, counseling to youth/families

Crisis Center of Comal County

- 830-620-7520
- 1-800-434-8013
- Shelter for children and adult victims of domestic violence

Living Water Healing Center (spiritual care)

- 210-505-5331
- Shelter for children and adult victims of domestic violence

Roy Maas Youth Alternatives (rmya)

- 210-340-8090 (24 hour hotline)
- Open 24/7 to help those 5-24 who are homeless, runaways, at-risk of exploitation or survivor of human trafficking

St. Jude's Ranch for Children (SJRC)

- 210-876-6763
- 830-629-0659
- 210-592-1156
- Provides therapeutic residential treatment services for children 0 - 21 years old and is also a child placement agency

Healthcare Services

Healthcare Assistance

Guadalupe Regional Medical Center

- 800-506-6394, 830-379-2411
- Accepts Medicaid

HealthTexas Medical Group

- HILL COUNTRY: 830-249-3800
- NEW BRAUNFELS: 830-515-1280
- BLANCO: 210-384-8282
- Group of doctors in clinic type setting, accepts Medicare

Medicaid Helpline

- 877-267-2323

Medicare Helpline

- 1-800-633-4227

Children's Health Insurance Program (CHIP)

- 1-800-318-2596
- Low-cost health coverage to children in families that earn too much money to qualify for Medicaid but not enough for private insurance

Salvation Army - New Braunfels

- 830-608-9129
- Prescription assistance

STD & HIV TESTING

Texas Department of Health Comal Cty - testing and education

- 830-221-1150

Pregnancy

Any Woman Can

- 210-370-3939
- Free women's health services and counseling, pregnancy services

Bulverde-Spring Branch Pregnancy Care Center

- 800-712-4317
- Free pregnancy tests, first-trimester sonograms, pre-natal & parenting classes

Caring Center for Women

- 830-387-4790
- Comprehensive care for women of all ages & reproductive wellness

Gabriel's Project

- 210-563-0669
- Free, faith-based, confidential and compassionate outreach to women experiencing crisis pregnancies

Options for Life

- 830-629-7565
- Educates and encourages people to choose life, to make positive sexual choices and bring healing to those affected by abortion

Resources for Women

- 210-651-1611
- Serves women and families facing an unplanned pregnancy, all services are free of charge, no restrictions or requirements, information about types of abortion, parenting, and adoption

Teen Life Center, The Texas Health Steps (Health & Human Services)

- 888-963-7111

Young Lives Teen Pregnancy - Support Group

- 210-834-4938

Women, Infants and Children - WIC

- 830-625-1441
- provides support & inspiration to eat right, have a healthy pregnancy, breastfeed successfully & raise amazing kids

Children & Family Services

Children & Family Assistance

Thrift Stores

Comal ISD Clothing Closet

- Comalclothescloset@gmail.com

Communities in Schools Thrift Store

- 830-387-4453

Community Resource Recreation Center (CRRC)

- 830-964-2364
- Emergency financial crisis assistance, job counseling, thrift store, emergency food pantry, medical equipment loan program, meals-on-wheels, and other resources in the Canyon Lake area

Hope Hospice Thrift Shop

- 830-625-4746
- 800-499-7501

Resources

Hope Hospice

- 830-358-5300, 1-800-499-7501
- Grief counseling for all ages, individual or groups

Any Baby Can

- 1-800-524-3755, 210-227-0170
- Guidance for families of children w/special needs under the age of 17; includes crisis assistance, sibling support group, grief counseling and prevention education

Big Brothers Big Sisters

- NEW BRAUNFELS: 210-316-2596
- SAN ANTONIO: 210-225-6322
- Mentoring programs pair at-risk youth with caring volunteer mentors who provide students the attention and support they lack, helping them become successful, contributing adults

Chosen

- 830-455-0101
- Mentoring, education & outreach to foster & adoptive families & their children; to help the healing process for children of trauma

Court Appointed Special Advocates (CASA)

- 830-626-2272

Pegasus Preschool Program/PPCD

- 830-221-2000
- Preschool program for children with disabilities ages 3-5

School-aged Child Care (SACC)

- 830-221-2000
- Enriching activities and light snack is included, program provides a safe, quality & affordable after school care for grades K-5

ChildSafe

- 210-675-9000
- Children's advocacy center in Bexar County

Children's Advocacy Center of Comal County (abuse)

- 830-626-2543

Children's Bereavement Center (grief counseling)

- 210-736-4847

Technology Apps

Technology Apps

Breathe2Relax

- teaches you different patterns of deep breathing.

MoodPath

- checks in 3 times a day with questions that adapt to your responses, offering advice and other resources depending on what your mood indicates what you need. Mindshift-CBT teaches you to recognize unhelpful thought patterns and rewire your response to be more realistic and positive.

Insight Timer

- offers a free library of guided meditations, long and short, for every kind of situation--coping with anxiety, managing stress, calming kids, and improving sleep.

Simple Habit

- a 5-minute meditation app designed to help busy people stress less, achieve more and live better

