

# MHAT SERVICE PROVIDER DIRECTORY

## Community Resource Directories

Alamo Area Community Network	<a href="https://ouraacn.org">https://ouraacn.org</a>	Bexar County
San Antonio Community Resource Directory	<a href="https://www.sacrd.org/directory/">https://www.sacrd.org/directory/</a>	Bexar County
SACADA MHAT Resource Map	<a href="https://bit.ly/3JavJd3">https://bit.ly/3JavJd3</a>	HHSC Region 8
Bexar County Resource Directory	<a href="https://www.bexar.org/3456/Resource-Directories">https://www.bexar.org/3456/Resource-Directories</a>	Bexar

## Local Mental Health Authorities in Region 8

- Bluebonnet Trails, serving Guadalupe and Gonzales counties - <https://bbtrails.org>
- Camino Real, serving Atascosa, Dimmit, Frio, Karnes, La Salle, McMullen, Maverick, Wilson, Zavala counties - <https://www.caminorealcs.org>
- Center for Health Care Services, serving Bexar County - <https://chcsbc.org>
- Hill Country Mental Health, serving Val Verde, Edwards, Kinney, Real, Uvalde, Medina, Bandera, Kerr, Gillespie, Kendall, Comal counties - <https://www.hillcountry.org>
- Gulf Bend Center, serving DeWitt, Goliad, Lavaca, Jackson and Victoria counties - <https://www.gulfbend.org>

## Recovery Support Services

- More Narcan Please (Naloxone training) - <https://www.morenarcanplease.com>
- SACADA Recovery Support Services - <https://sacada.org/recovery-coaching-and-support-services/>

## Substance Use Treatment

- Be Well Texas - <https://bewelltexasclinic.org>
- Getting into substance use treatment - <https://recoverytexas.org>
- SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

## Mental Health Resources Local and National

- SAMSHA 988 Suicide Prevention - <https://www.samhsa.gov/find-help/988>
- 988 Suicide & Crisis Hotline - <https://988lifeline.org>
- National Alliance for Mental Illness - <https://nami.org/Home>
- American Psychiatric Association Answer Center - 1-888-35-PSYCH (77924)
- American Psychological Association of Public Education Line - 1-800-964-2000
- National Suicide Prevention Lifeline- 1-800-273-TALK (8255), (*press 1 for veterans, 2 for Spanish*)
- The Trevor Project - 1-866-488-7386
- National Cancer Institute Smoking Quitline -1-877-44U-QUIT (1-877-448-7848)
- Smoking Cessation Centers - 1-800-QUIT-NOW (1-800-784-8669)
- National Runaway Safe Line - 1-800-621-4000

## Other Helpful Links

- Think Cultural Health - <https://thinkculturalhealth.hhs.gov>
- Words Matter: National Institute of Drug Abuse – <https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>
- Shatterproof: Changing Your Language: <https://www.shatterproof.org/our-work/ending-addiction-stigma/change-your-language>