

Region 8 Regional Resource Directory

REGION VIII: PREVENTION RESOURCE CENTER

PROGRAM OF THE SAN ANTONIO COUNCIL ON ALCOHOL AND DRUG
AWARENESS (SACADA)

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HOUSING, RENT, & UTILITY RESOURCES

County	Housing Resources	Rental Assistance	Utility Assistance
Atascosa	Atascosa County Housing Authority (local affordable housing)	Workforce Solutions Alamo - Emergency rent/utilities: workforcesolutionsalamo.org	CEAP (Community Council South Central TX): ccsct.org
Bandera	Bandera Housing Authority / local affordable housing	Local nonprofits and United Way referrals via 211: 211texas.org	Bandera Electric Cooperative assistance programs: banderaelectric.com
Bexar	San Antonio Housing Authority: sanantonio.gov/housing	CPS Energy Rental Assistance Program: cpsenergy.com	CPS Energy Utility Assistance: cpsenergy.com
Calhoun	Gulf Bend MHMR affordable housing programs (gulfbend.org)	Local nonprofits, 211 Texas referrals: 211texas.org	Gulf Bend MHMR utility assistance programs: gulfbend.org
Comal	Comal County Housing Authority / Guadalupe Valley Housing Authority	Workforce Solutions Alamo - rent/utilities: workforcesolutionsalamo.org	Hill Country MHDD utility assistance: hillcountry.org
DeWitt	Local housing authorities or rural housing programs	Gulf Bend MHMR referrals and 211 Texas: 211texas.org	Gulf Bend MHMR utility assistance: gulfbend.org
Dimmit	Local housing programs and Rio Grande MHMR assistance	Rio Grande MHMR rental assistance referrals: rgmhmr.org	Rio Grande MHMR utility assistance programs: rgmhmr.org
Edwards	Local rural housing programs	Hill Country MHDD or local 211 referrals	Hill Country MHDD utility programs: hillcountry.org
Frio	Rio Grande MHMR housing support	Rio Grande MHMR rent assistance: rgmhmr.org	Rio Grande MHMR utility assistance: rgmhmr.org
Gillespie	Hill Country MHDD housing programs	Hill Country MHDD referrals and 211 Texas	Hill Country MHDD utility assistance: hillcountry.org

County	Housing Resources	Rental Assistance	Utility Assistance
Goliad	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: gulfbend.org
Gonzales	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: gulfbend.org
Guadalupe	Guadalupe County Housing Authority / MHMR referrals	Guadalupe County rental assistance programs	Guadalupe County utility assistance via MHMR or 211: 211texas.org
Jackson	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: gulfbend.org
Karnes	Karnes County Housing Authority / Karnes Electric Coop referrals	Workforce Solutions Alamo / local nonprofit referrals	Karnes Electric Cooperative assistance: karnesec.org
Kendall	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: hillcountry.org
Kerr	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: hillcountry.org
Kinney	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org
La Salle	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org
Lavaca	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: gulfbend.org
Maverick	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org
Medina	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: hillcountry.org

County	Housing Resources	Rental Assistance	Utility Assistance
Real	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: hillcountry.org
Uvalde	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org
Val Verde	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org
Victoria	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: gulfbend.org
Wilson	Guadalupe County Housing Authority / MHMR referrals	Guadalupe County rental assistance programs	Guadalupe County utility assistance via MHMR or 211: 211texas.org
Zavala	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: rgmhmr.org

FOOD RESOURCES

County	Food Resources	Links / Contacts
Atascosa	Atascosa County Food Pantry, Atascosa County Christian Help	Atascosa County Christian Help
Bandera	Bandera County Food Pantry, Bandera Community Pantry	Bandera County Food Pantry
Bexar	San Antonio Food Bank (largest in region), multiple pantries, Meals on Wheels	San Antonio Food Bank
Calhoun	Calhoun County Food Bank, Gulf Bend Food Pantry	Calhoun County Food Bank Facebook
Comal	Comal County Food Bank, New Braunfels Food Bank	Comal County Food Bank
DeWitt	DeWitt County Food Pantry, local church pantries	DeWitt County Food Pantry
Dimmit	Dimmit County Food Bank, local pantry programs	Dimmit County Food Pantry Facebook
Edwards	Edwards County Food Pantry	Typically local church pantries or community organizations
Frio	Frio County Food Pantry, Pearsall Food Bank	Frio County Food Pantry Facebook
Gillespie	Gillespie County Food Pantry	Gillespie County Food Bank
Goliad	Goliad County Food Pantry	Goliad County Food Pantry Facebook
Gonzales	Gonzales County Food Pantry	Gonzales County Food Pantry Facebook
Guadalupe	Guadalupe County Food Bank, Seguin Community Food Pantry	Guadalupe County Food Bank
Jackson	Jackson County Food Pantry	Jackson County Food Pantry Facebook
Karnes	Karnes County Food Pantry, local church pantries	Karnes County Food Pantry

County	Food Resources	Links / Contacts
Kendall	Kendall County Food Pantry	Kendall County Food Pantry
Kerr	Kerr County Food Pantry, Kerrville Community Food Pantry	Kerr County Food Pantry
Kinney	Kinney County Food Pantry	Local church pantries
La Salle	La Salle County Food Pantry	Usually coordinated through Rio Grande Valley Food Bank
Lavaca	Lavaca County Food Pantry	Lavaca County Food Pantry Facebook
Maverick	Maverick County Food Bank (Del Rio)	Maverick County Food Bank
Medina	Medina County Food Pantry	Medina County Food Pantry Facebook
Real	Real County Food Pantry	Often church-based
Uvalde	Uvalde Food Bank, Uvalde County Food Pantry	Uvalde Food Bank
Val Verde	Val Verde Food Bank (Del Rio)	Val Verde Food Bank
Victoria	Victoria Food Bank	Victoria Food Bank
Wilson	Wilson County Food Pantry	Wilson County Food Pantry Facebook
Zavala	Zavala County Food Pantry	Usually coordinated with Rio Grande Food Bank

Food Bank	Counties Served	Website
San Antonio Food Bank	Bexar, Atascosa, Bandera, Comal, Guadalupe, Wilson, Kendall, Kerr, Medina, and others	safoodbank.org

Food Bank	Counties Served	Website
Gulf Coast Food Bank	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, and others	gulfcf.org
Rio Grande Valley Food Bank	Dimmit, Frio, Kinney, La Salle, Maverick, Real, Uvalde, Val Verde, Zavala, and others	rgvfb.org

EMPLOYMENT RESOURCES

Workforce Board	Counties Covered	Website
Workforce Solutions Alamo	Bexar, Atascosa, Bandera, Comal, Guadalupe, Wilson, Kendall, Kerr, Medina, Guadalupe	workforcesolutionsalamo.org
Gulf Coast Workforce Solutions	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, Wilson	gulfcf.org
Rio Grande Workforce Solutions	Dimmit, Frio, Kinney, La Salle, Maverick, Real, Uvalde, Val Verde, Zavala	rgvjobs.com
Hill Country Workforce Solutions	Bandera, Edwards, Gillespie, Kendall, Kerr, Medina, Real, Uvalde, Guadalupe	hillcountry.org

County	Employment Resources	Unemployment Resources
Atascosa	Workforce Solutions Alamo (covers Atascosa): workforcesolutionsalamo.org	<p>Texas Workforce Commission Unemployment (statewide): twc.texas.gov</p> <p>Phone: 1-800-939-6631 (Unemployment Benefits)</p> <p>Apply online or find local offices via their site.</p>
Bandera	Workforce Solutions Alamo (also serves Bandera): workforcesolutionsalamo.org	
Bexar	Workforce Solutions Alamo (San Antonio area job center): workforcesolutionsalamo.org	
Calhoun	Gulf Coast Workforce Solutions: workforceegps.org	
Comal	Workforce Solutions Alamo	
DeWitt	Gulf Coast Workforce Solutions	
Dimmit	Rio Grande Workforce Solutions: rgvjobs.com	
Edwards	Hill Country Workforce Solutions (Hill Country MHDD area): hillcountry.org	

County	Employment Resources	Unemployment Resources
Frio	Rio Grande Workforce Solutions	
Gillespie	Hill Country Workforce Solutions	
Goliad	Gulf Coast Workforce Solutions	
Gonzales	Gulf Coast Workforce Solutions	
Guadalupe	Workforce Solutions Alamo or Guadalupe County Workforce: workforcesolutionsalamo.org	
Jackson	Gulf Coast Workforce Solutions	
Karnes	Gulf Coast Workforce Solutions	
Kendall	Hill Country Workforce Solutions	
Kerr	Hill Country Workforce Solutions	
Kinney	Rio Grande Workforce Solutions	
La Salle	Rio Grande Workforce Solutions	
Lavaca	Gulf Coast Workforce Solutions	
Maverick	Rio Grande Workforce Solutions	
Medina	Hill Country Workforce Solutions	
Real	Hill Country Workforce Solutions	
Uvalde	Rio Grande Workforce Solutions	
Val Verde	Rio Grande Workforce Solutions	
Victoria	Gulf Coast Workforce Solutions	

County	Employment Resources	Unemployment Resources
Wilson	Workforce Solutions Alamo	
Zavala	Rio Grande Workforce Solutions	

BEHAVIORAL/MENTAL HEALTH & SUBSTANCE USE TREATMENT

Authority	Counties Served	Contact / Website
MHMR of Bexar County	Bexar and some surrounding counties	mhmrbc.org
Hill Country MHDD Centers	Bandera, Comal, Gillespie, Kendall, Kerr, Medina, Real, Edwards, Uvalde (some overlap)	hillcountry.org
Gulf Bend MHMR Services	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, Wilson	gulfbend.org
Rio Grande MHMR	Dimmit, Frio, Kinney, La Salle, Maverick, Uvalde, Val Verde, Zavala	rgmhmr.org
Guadalupe County MHMR	Guadalupe, Wilson (limited, shares with Gulf Bend and MHMR of Bexar)	County health department coordination

County	Behavioral Health & Mental Health Providers	Substance Use Treatment Resources	Regional Authorities / Agencies	Helplines & Support
Atascosa	Atascosa County MHMR or affiliated providers (may contract with region services)	Local outpatient clinics; referrals to San Antonio or regional centers	MHMR of Bexar County (covers many nearby counties)	Texas Behavioral Health Helpline 1-866-342-6892 SAMHSA Helpline 1-800-662-HELP (4357)
Bandera	Hill Country MHDD Centers – outpatient mental health & counseling	Outpatient treatment, substance use counseling, peer support	Hill Country MHDD Centers	Same as above
Bexar	MHMR of Bexar County – multiple mental health & substance use treatment clinics	Comprehensive outpatient & inpatient treatment facilities, detox, recovery homes	MHMR of Bexar County	Crisis Hotline: (210) 223-7233 (SAMMinh)

County	Behavioral Health & Mental Health Providers	Substance Use Treatment Resources	Regional Authorities / Agencies	Helplines & Support
Calhoun	Gulf Bend MHMR Services (region 3) – outpatient clinics	Outpatient substance use counseling, referrals to treatment programs	Gulf Bend MHMR	Same as above
Comal	Hill Country MHDD Centers	Outpatient counseling and substance use services	Hill Country MHDD Centers	
DeWitt	Gulf Bend MHMR Services	Outpatient counseling, substance use referral	Gulf Bend MHMR	
Dimmit	Rio Grande MHMR (region 8)	Substance use outpatient and residential treatment	Rio Grande MHMR	
Edwards	Hill Country MHDD Centers	Outpatient mental health and substance use treatment	Hill Country MHDD Centers	
Frio	Rio Grande MHMR	Substance use outpatient, counseling	Rio Grande MHMR	
Gillespie	Hill Country MHDD Centers	Outpatient counseling and substance use treatment	Hill Country MHDD Centers	
Goliad	Gulf Bend MHMR Services	Outpatient counseling and substance use services	Gulf Bend MHMR	
Gonzales	Gulf Bend MHMR Services	Outpatient counseling, referrals	Gulf Bend MHMR	
Guadalupe	MHMR of Guadalupe County (in partnership with neighboring agencies)	Outpatient and inpatient services, substance use programs	Guadalupe County MHMR (limited); often served by	

County	Behavioral Health & Mental Health Providers	Substance Use Treatment Resources	Regional Authorities / Agencies	Helplines & Support
			MHMR of Bexar or Hill Country	
Jackson	Gulf Bend MHMR Services	Outpatient substance use counseling and referrals	Gulf Bend MHMR	
Karnes	Gulf Bend MHMR Services	Outpatient counseling and substance use services	Gulf Bend MHMR	
Kendall	Hill Country MHDD Centers	Outpatient mental health and substance use treatment	Hill Country MHDD Centers	
Kerr	Hill Country MHDD Centers	Substance use outpatient and counseling	Hill Country MHDD Centers	
Kinney	Rio Grande MHMR	Substance use outpatient counseling	Rio Grande MHMR	
La Salle	Rio Grande MHMR	Outpatient counseling and substance use treatment	Rio Grande MHMR	
Lavaca	Gulf Bend MHMR Services	Outpatient counseling, substance use referral	Gulf Bend MHMR	
Maverick	Rio Grande MHMR	Outpatient substance use counseling, residential treatment	Rio Grande MHMR	
Medina	Hill Country MHDD Centers	Outpatient counseling and substance use treatment	Hill Country MHDD Centers	

County	Behavioral Health & Mental Health Providers	Substance Use Treatment Resources	Regional Authorities / Agencies	Helplines & Support
Real	Hill Country MHDD Centers	Outpatient counseling and substance use services	Hill Country MHDD Centers	
Uvalde	Rio Grande MHMR	Outpatient substance use counseling, residential treatment	Rio Grande MHMR	
Val Verde	Rio Grande MHMR	Outpatient counseling, residential substance use treatment	Rio Grande MHMR	
Victoria	Gulf Bend MHMR Services	Outpatient and inpatient substance use treatment	Gulf Bend MHMR	
Wilson	MHMR of Guadalupe County or neighboring services	Outpatient counseling, substance use referral	Guadalupe County MHMR or Gulf Bend MHMR	
Zavala	Rio Grande MHMR	Outpatient counseling, substance use treatment	Rio Grande MHMR	

REGIONAL & STATEWIDE DATA RESOURCES

Data Type / Topic	Resource / Source	Relevant Link	Coverage
Texas Demographic Data	Texas Demographic Center	txsdc.utsa.edu	Statewide, county-level
U.S. Census Bureau (American Community Survey)	U.S. Census Bureau data, detailed population, housing, income data	data.census.gov	National, county, tract level
Texas Health Data	Texas Department of State Health Services (DSHS)	dshs.texas.gov	State and county health indicators
Behavioral Risk Factor Surveillance System (BRFSS)	Texas BRFSS data on health risk behaviors	dshs.texas.gov/brfss	State and regional
Texas School Data	Texas Education Agency - Public School Data	tea.texas.gov	School districts and counties
Texas Criminal Justice Data	Texas Department of Criminal Justice	tdcj.texas.gov	State and county corrections data
Texas Workforce Data	Texas Workforce Commission - Labor Market Info	tracer2.com	Employment, unemployment, workforce stats
County Health Rankings	Robert Wood Johnson Foundation / Univ. of Wisconsin	countyhealthrankings.org	National, county-level
Local Health Departments	County Public Health Departments & Regional MHMR	Check county websites or MHMR regional sites (links below)	Local health data and reports

ADDITIONAL ECONOMIC & SOCIAL DATA

Resource	Link	Description
Texas Comptroller's Economic Data	comptroller.texas.gov	County and regional economic indicators
Texas Open Data Portal	data.texas.gov	Various datasets from state agencies
Feeding Texas (Food Insecurity Data)	feedingtexas.org	Regional food bank data and statistics