

TRUSTED RESOURCES

INNERBLOOMHEALTH.ORG

988 Suicide & Crisis Lifeline

- Call/Text: **988** (24/7)
- Chat: chat.988lifeline.org ([988 Lifeline](#))

Local mobile crisis (your county) (*Bexar County / San Antonio*)

- **CHCS 24/7 Crisis & Substance Use Helpline: 210-223-SAFE (7233) or 1-800-316-9241** ([CHCS](#))
- If you need a rapid in-person response (SMART team), Bexar County directs people to call **911** for a mental health emergency response. ([Bexar County](#))

Crisis text/chat

- **Crisis Text Line:** Text **HOME** to **741741** (24/7) ([Crisis Text Line](#))
- (Optional) **NAMI HelpLine:** Text **NAMI** to **62640** (M–F) ([NAMI](#))

Community mental health clinic (*Bexar County*)

- **The Center for Health Care Services (CHCS)**
 - Enrollment / appointments: **210-261-CHCS (2427)** (and CHCS also lists **1-833-501-2427** for routine appointments) ([CHCS](#))
 - Crisis line (24/7): **210-223-7233** or **1-800-316-9241** ([CHCS](#))

Low-cost counseling

- **Open Path Collective (affordable therapy network):** typically **\$40–\$70/session** (online or in-person) ([Open Path Collective](#))
- **CHCS** can also be a starting point for low-cost community services in Bexar County. ([CHCS](#))

Telehealth therapy platform

- **Talkspace** (online therapy; some insurance options) ([Talkspace](#))
- **BetterHelp** (online therapy platform) ([BetterHelp](#))

Support groups directory

- **NAMI Greater San Antonio (support groups + local warm line): 210-939-9999** ([NAMI Greater San Antonio](#))
- **NAMI National HelpLine: 800-950-6264 / text NAMI to 62640** (M–F) ([NAMI](#))

EAP (general info)

- “EAP” = **Employee Assistance Program** (free short-term counseling/resources through an employer).
- Action step: “Ask your HR/Benefits for the EAP number” (it’s usually on the insurance card portal or benefits site).

Hospital / ER option (San Antonio)

- **University Health – Emergency Department (24/7): 210-743-0024** ([University Health](#))
- **Address (main campus): 4502 Medical Drive, San Antonio, TX 78229** ([University Health](#))
(If someone is in immediate danger or needs urgent medical help: call 911.)

Other clinics/providers

- **SAMHSA Treatment Locator: FindTreatment.gov** ([FindTreatment.gov](#))
- **Psychology Today therapist directory (San Antonio):** ([Psychology Today](#))
- **SAMHSA National Helpline: 1-800-662-HELP (4357)** (24/7 treatment referral info) ([SAMHSA](#))

Bonus (since your audience is police/first responders)

- **COPLINE (law enforcement peer support): 1-800-267-5463** (24/7) ([CopLine](#))
- **Safe Call Now (first responders): 206-459-3020** ([ResponderStrong](#))
- **ResponderStrong: text BADGE to 741741** ([ResponderStrong](#))

INNERBLOOM COLLECTIVE