**San Antonio Veteran MH Services – Available to those who are not eligible for VA Care**

***Medication Management & Therapy***

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| **Organization** | **Service Overview** | **General Contact Info** | **Current COVID Operations** |
| Crosspoint Counseling | Provide counseling and psychiatry services to Veterans, active duty, and families. No cost (except for cost of medications), no income requirement, any discharge status. | Office (210) 225-0864  Krishna Head  cell: (210) 772-0546  301 Yucca St, SATX | Offering face-to-face and telephone/virtual appointments based on individual preference and need. |
| Steven A. Cohen Military Family Clinic at Endeavors | Provide individual and couples therapy, life skills groups, and time-limited medication management to post-9/11 Veterans and families. Sliding scale fees. | 210-399-4838  [www.endeavors.org/mfc-sanantonio/](http://www.endeavors.org/mfc-sanantonio/) | Continuing services by telehealth including workshops/seminars |
| Center for Health Care Services - Military Veteran Peer Network | Can help Veterans connect with CHCS system for full range of community MH services | CHCS: 210-261-1250  Greg Morton – Military Veteran Peer Network  (210) 685-8716 |  |

***Therapy & Therapeutic Arts programs***

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| San Antonio Vet Centers | Individual, group, and couples therapy. Eligible if served in combat zone or experienced Military Sexual Trauma | NW: (210) 688-0606  NE: (210) 650-0422 | Operating fully by phone and telehealth |
| Ecumenical Center | Individual and couples therapy. Serves everyone, but have specific programs for Veterans and active duty.  Also have variety of therapeutic arts programs and support groups  Sliding scale fee | (210) 616-0885  [www.ecrh.org/](http://www.ecrh.org/) | Offering face-to-face and telephone/virtual appointments based on individual preference and need.  Has free “Wellness Conversations” (20-30 min) to support coping during COVID-19 |
| Endeavors Veterans Wellness Center | Offers mental health counseling, group therapy, peer support, and wellness care for Veterans, dependents, and surviving spouses. Has particular focus on Veterans with severe, chronic mental health concerns. | (210) 866-3860 | Offering virtual/telehealth services |
| The Pink Berets | Serve women Veterans with military trauma of any discharge status. Range of therapy and therapeutic arts programs. | (210) 912-7564  [thepinkberets.org/](https://thepinkberets.org/) | Majority of services are virtual. Offering daily evening activities like art, yoga, culinary arts, support groups |

***Support groups***

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| NAMI – National Alliance on Mental Illness | Peer-led support groups, including one for Veterans on Thursday evenings 6:30-8pm | Verna Lister  (210) 734-3349 | Offering virtual support groups |
| PTSD Foundation | Peer coaching and support program for combat veterans, including those with OTH discharge. Also have Family Coordinators and resource referrals.   * Warrior Groups/Family Groups are held weekly every Thursday starting at 6:30 p.m. (dinner/small playroom for toddlers provided) * Camp Hope: 6-9 month program in Houston for veterans dealing with addiction problems, currently homeless, or have found themselves caught up in the legal system. | (210) 248-9784  14747 Jones Maltsberger #500, San Antonio, TX 78247  [www.ptsdUSA.org](http://www.ptsdUSA.org)  PTSD Veteran Line: [877-717-PTSD](tel:877-717-PTSD) (7873) | Offering in-person and virtual groups for Veterans, first responders, and family members. |
| WoVeN – Women Veterans Network | Women Veteran support groups to foster building connections and lasting social support | [www.facebook.com/wovensanantoniotx/](http://www.facebook.com/wovensanantoniotx/) | Groups are continuing virtually |
| Grace After Fire | Since 2008, Grace After Fire has been serving the Veteran community by providing community resource navigation services, social events, and annual retreats to women Veterans and their families.  In 2012, Grace After Fire launched the Table Talk: Color Me Camo peer-to-peer support group programming designed specifically for women Veterans, and in 2017, Grace After Fire began providing financial basic needs assistance to women Veterans and her family. | 832-504-9153 | \*Virtual Peer to peer support  Groups  \*Online Financial assistance application  up to $1500 towards rent/mortgage, utilities, car insurance  [www.graceafterfire.org](http://www.graceafterfire.org) |