



NVC Counseling Services Community Resource Guide

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Welcome!

This community resource list has been compiled for your convenience. It contains contact information for mental health resources, and other treatment and community support agencies in the San Antonio community.

Most of these agencies function on a sliding-scale fee system. We recommend students contact these agencies directly for more information about their fee structure. Students may also want to contact their insurance company as a primary source for referral listings.

Information on non-Northwest Vista College organizations are provided solely as a service to our students. These referrals do not constitute an endorsement of these organizations or their programs by Northwest Vista College, and none should be inferred.

For additional resources not seen here, or for questions or corrections, please contact NVC Counseling Services!

Contact NVC Counseling Services:

NVC Counseling Services
Wellness Center
Cypress Campus Center 204
Northwest Vista College
3535 N. Ellison Drive
San Antonio, TX 78251
210-486-4466 (front desk)
210-486-9202 (fax)
General Email:
nvc-counseling@alamo.edu

Website:
<https://www.alamo.edu/nvc/experience-nvc/current-students/counseling-services/>

Adriana Cantu, MS. LPC
Personal Counselor
acantu200@alamo.edu
210-486-4419

[Click Here for NVC Counseling Hours of Operation](#)



Please Note:

We attempt to highlight low-cost services in this referral guide.

However, each agency may have different requirements to qualify.

Please contact these organizations directly for more information on their fees and eligibility requirements.

Hotline Numbers



Many of these hotlines have great online resources as well. Try an online search for the affiliate website!

Alcohol & Drug Abuse Treatment Hotline	1-800-662-HELP (4357)
TDD (Telecommunications Device for the Deaf)	1-800-487-4889
Spanish Speaking.....	877-767-8432
Battered Women’s Hotline	210-733-8810
Bexar County Child/Elderly Abuse Reporting Hotline	800-252-5400
Bexar County Crisis Hotline (Mental Health Crisis Team)	800-316-9241
.....	210-223-SAFE (7233)
CHADD (Children & Adults with ADHD)	800-233-4050
Child Abuse National Hotline	800-4-A-Child (800-422-4453)
Domestic Violence National Hotline	800-799-7233
Eating Disorder Helpline	800-931-2237
Learning Disabilities Association of America	412-341-1515
LGBTQ Hotline (Trevor Project)	866-488-7386
Mental Health/Substance Abuse Treatment Referral	877-726-4727
Poison Center Network	800-222-1222
Rape Crisis of San Antonio	210-349-7273
Sexual Assault National Hotline	800-656-HOPE (4673)
Suicide Prevention Lifeline	800-273-8255
TTY (Teletype).....	800-799-4889
.....	Text SIGNS to 741741
United Way Helpline	2-1-1
.....	877-541-7905





Please note:
NVC Counseling Services is unable to support emergency after-hours services at this time. In case of emergency, call:

911
San Antonio Police Department
Emergency Dispatch

210-485-0911
Alamo Colleges Police
Department Emergency Dispatch

210-233-7233
CHCS mental health/substance
abuse crisis line (24/7)



Emergency Assistance

In Case of
Emergency,
Dial **9-1-1**.

United Way:

Contact United Way for information on programs in your area that can assist you with emergency needs such as food, clothing, household items, financial assistance, rent, utilities, or medical needs.

United Way
Resource Hotline:
Dial 2-1-1 .

United Way of San Antonio & Bexar County:
210-227-HELP (4357)
www.unitedwaysatx.org
www.national.unitedway.org

Medical Care

CareLink

Assists with accessing healthcare through the University Health System. Arranges a monthly payment plan based on income.

210-358-4000
210-358-3350
800-844-6202
www.universityhealthsystem.com

CentroMed

Medical & counseling services for low-income Bexar County residents.
210-922-7000
www.centromedsa.com

CommuniCare Health Centers

Medical and behavioral health services, as well as an optometry clinic.
210-233-7000
www.communicaresa.org

Healthcare.gov

Health insurance marketplace regulated through the Affordable Care Act.
800-318-2596
www.healthcare.gov

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Medical Care, continued.

Healthy Texas Women

Texas Department of Health and Human Services program for family planning, annual exams, disease screenings and treatments.

866-933-9972 (application help)

800-335-8957 (general questions)

512-776-7796 (breast and cervical cancer services)

www.healthytexaswomen.org

I Care San Antonio—Vision Center Services

Provides eye exams, medical eye care and optical needs to individuals who are homeless or have low income.

email: info@alamovision.org

www.icare-sa.org

Lions Club

Provides assistance to adults and children in need of an eye exam and/or eyeglasses.

210-225-1164

<https://saflc.org/>

Needy Meds

Provides prescription medications at no cost or up to an 80% discount. Also provides low-cost medical resource information.

800-503-6897

www.needymeds.org

Planned Parenthood

Provides low-cost comprehensive, reproductive health services; physical exams, birth control, counseling, education and STD testing.

210-590-0202

www.plannedparenthood.org

San Antonio Metropolitan Health (Metro Health)

City/county public health agency provides clinical services, immunizations, STD/HIV testing, pregnancy and infant health programs, WIC, and health education.

210-207-8780

<http://www.sanantonio.gov/Health>



*Wherever the art of
medicine is loved,
there is also a love of
humanity.”
- Hippocrates*



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Dental Care



CentroMed

Dental services to children and families.

210-922-7000

<http://centromedsa.com>

CommuniCare Health Centers

Provides comprehensive dental services at a sliding-fee scale.

210-434-2647 or 210-233-7000

www.communicaresa.org

Methodist Healthcare Ministries

Dental clinic as well as other health and wellness services.

210-922-6922

www.mhm.org

San Antonio Christian Dental Clinic

Provides free dental care for low-income and homeless Bexar County adults.

210-220-2300

<https://sachristiandenta.org>



Assistance for Military and Military Families

Family Endeavors

No cost mental health care to veterans and their families. Also provides additional referral and support information.

210-431-6466

<https://www.endeavors.org/locations/san-antonio/>

Military OneSource

Offers resource information and support for military individuals & families. Services include childcare resources; obtaining counseling; and preparing for deployment, re-location & other transitions.

800-342-9647

TTY/TDD: 1-866-607-6794

www.militaryonesource.com

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Assistance for Military and Military Families, cont.



Operation Homefront

Offers emergency services, educational services, and morale programs. Includes a support group for female loved ones of a wounded service member; support for military wives & families; moving assistance; auto repair; home & appliance repairs; food assistance; vision care; and a “wounded warrior” program.

210-659-7756

800-722-6098

www.operationhomefront.net/texas

Give An Hour

Provides free mental health services to military service members and veterans. Go online to search their database for providers in your area.

www.giveanhour.org

Grace After Fire

Peer support network specifically for female veterans. Resources and referrals.

Roberta@graceafterfire.org (Bexar County Outreach Contact)

1-888-737-3112

www.graceafterfire.org

Tragedy Assistance Program for Survivors

Peer support and connection to resources for surviving families and loved ones grieving the death of a loved one serving in the Armed Forces.

800-959-8277

www.taps.org

Veterans Crisis Line

Connects veterans and their friends/family in crisis to Department of Veterans Affairs resources via hotline, online chat or text.

800-273-8255 (press 1)

838255 (text)

www.veteranscrisisline.net



Food Pantries/Benefits



Northwest Vista College Food Pantry

Food pantry open to NVC students and employees. Open 5 days a week and the 1st Saturday of each month. (*Summer hours may vary*).
Huisache Hall, Rm 113

Catholic Charities

Food pantry as well as other family self-sufficiency services .
210-226-6178 ext. 204
www.ccaosa.org

San Antonio Food Bank

Provides food pantry and other services (ex. food stamp application help) to people in need. Several distribution centers and distribution schedules in the city. Call or visit their website for more information.
800-246-9121
210-337-3663
<https://safoodbank.org>

Student Advocacy Center—San Antonio College

Food pantry, as well as case management and clothes closet, serving students enrolled at San Antonio College. Students not enrolled at San Antonio College may still contact the center for information and referrals.
210-486-1003
<https://www.alamo.edu/sac/about-sac/college-offices/student-advocacy-center/>

Your Texas Benefits

Information and applications for Texas state benefit programs, such as SNAP Food Benefits, TANF, health care, mental health, and other support programs.
www.yourtexasbenefits.com

*“The people who give
you their food give you
their heart.”
- Cesar Chavez*

Assistive & Rehabilitative Services

Texas Workforce Commission

- * Vocational Rehabilitation Services
- * Blind & Visually Impaired Services
- * Criss Cole Rehabilitation Center
- * Independent Living Services for Older Individuals Who Are Blind
- * Business Services - Vocational Rehabilitation
- * Providers' Resources - Vocational Rehabilitation
- * Business Enterprises of Texas
- * Rehabilitation Council of Texas
- * Service Animal Information

1-800-628-5115
Email: customers@twc.state.tx.us
<http://www.twc.state.tx.us/>

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Assistive & Rehabilitative Services, cont.

Health & Human Services Commission

- * Autism Program
- * Blind Children’s Vocational Discovery & Development Program
- * Blindness Education, Screening & Treatment Program
- * Comprehensive Rehabilitation Services
- * Deaf & Hard of Hearing Services
- * Disability Determination
- * Early Childhood Intervention Program
- * Independent Living Services

877-787-8999

<https://hhs.texas.gov>



Child Care Resources

Child Care Program - Texas Workforce Commission

Helps eligible parents with the cost of child care.

210-272-3260

512-463-2222

<https://twc.texas.gov/students/child-care-program>

Child Care Services Division (CCSD), City of San Antonio

Provides childcare funding for qualifying families.

210-230-6300

210-230-6343 (emergency child care services)

<http://www.sanantonio.gov/humanservices>

<http://www.workforcesolutionsalamo.org/services-2/child-care-services>



Head Start

Offers childcare programs across San Antonio for children ages 3–5.

210-206-5500

Early Head Start is available for children under 3 years.

210-226-6232.

www.saheadstart.org

Texas Department of Family and Protective Services (DFPS)

Database for licensed/registered child care in Texas. You can also search for child care facilities whose permits have been revoked or suspended.

210-337-3399

www.dfps.state.tx.us



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Parenting Resources

Catholic Charities

Family and children's services. Offers parent support groups, adolescent pregnancy and parenting programs, and other counseling and education resources.

210-267-2567

<http://ccaosa.org>

Family Service Association

Provides parenting education, child care resource and referral service, and child care training.

210-431-7581

<https://family-service.org/programs/parenting-education/>

KidShare

A program through the Family Service Association. Provides a safe environment where children can be transferred between parents for visitation. Also provides counseling, therapeutic supervision, and seminars on coping with divorce.

210-229-2476

<https://family-service.org/programs/kidshare/>

Wesley Health & Wellness Center

Family wellness programs include parenting programs, recreation & enrichment, and health education and nutrition.

210-922-6922

<http://www.mhm.org/services/clinics>

San Antonio Metropolitan Health (Metro Health)

City/county public health agency provides clinical services, immunizations, STD/HIV testing, pregnancy and infant health programs, WIC, and health education.

210-207-8780

<http://www.sanantonio.gov/Health>

*Students who are
parents face many
unique challenges.
There's help
available!*



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Housing, Rental, Utility Assistance



Alamo Area Resource Center

Maintains affordable housing database and provides housing referral and placement services. Also provides short term rental, mortgage and utility assistance for those who qualify.
210-625-7200

www.aarcsa.com

Bexar County Direct Client Services—Comprehensive Energy Assistance Program (CEAP)

The Direct Client Services Division receives funding from the State to offer financial assistance to eligible County residents for electric and natural gas bills. This assistance is designed to prevent utility disconnection and to assist households in becoming self-sufficient.
210-335-3666

<http://www.bexar.org/502/Direct-Client-ServicesEnergy-Assistance>

Catholic Charities, Archdiocese of San Antonio, Inc.

One-time emergency financial assistance to prevent utility disconnection, financial coaching and budget assessment for income-eligible individuals and families. Please contact Lizzy Nemeth at 210-226-6178 x205 for additional information. (By appointment only; First come first serve basis)
210-226-6178

<https://ccaosa.org/guadalupe-community-center/>

Center for Working Families

Access to emergency rental assistance for short-term hardship, eviction notice.. Must have ability to get back on track with paying rent in future, and landlord must be willing to work with the agency.

210-207-7830

<http://www.sanantonio.gov/humanservices/FinanceEmergency>

Haven for Hope

Emergency shelter and transitional living services. (Must be a resident of Bexar County with proof of residency, for ex. library cards, tax documents, dated receipts).
(210) 220-2100

1 Haven for Hope Way
San Antonio, Texas 78207

www.havenforhope.org

Salvation Army Hope Center / Emergency Shelter for Women and Children

Provides emergency shelter for women and single parents with children and intact families. Provides intake assessment, daily case management, parenting and life skills, and a clean facility with launderette. You must bring ID/Social Security Card, you must have your children with you (please bring any of their documents such as birth certificate, Medicaid docs, etc.). Intakes are 3pm to 6pm, but you can call at any time.

515 W. Elmira
San Antonio, TX 78212
210-352-2046

<http://www.salvationarmysanantonio.org/center-hope-corps/>

San Antonio Housing Authority

Housing Choice Voucher (Section 8), and public housing programs.
818 South Flores

San Antonio, TX 78204

210-477-6000 (general)

210-477-6199 (Sec. 8 or low income)

<http://saha.org/index.php/application>



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Domestic & Sexual Violence

Shelters, counseling, advocacy and comprehensive support for victims of domestic or sexual violence and their children.

Battered Women's Shelter of Bexar County

210-733-8810

www.fvps.org

Rape Crisis Center

4606 Centerview Ste. 200

San Antonio, TX 78228

210-349-7273 (24-hour Hotline)

www.rapecrisis.com

SAPD Victims Advocacy Services

210-207-2141

<http://www.sanantonio.gov/SAPD/Victims-Advocacy>

Family Justice Center

210-631-0100

<http://www.bcfjc.org>

Family Violence Prevention Services

210-930-3669

www.fvps.org

Abuse & Neglect of Children or the Elderly/Disabled

Adults:

Statewide Reporting Hotline

800-252-5400

https://www.dfps.state.tx.us/Contact_Us/report_abuse.asp

Guadalupe Valley Family Violence Shelter:

800-834-2033

830-372-2780

<http://www.safesequin.org>

Crisis Center of Comal County

830-620-4357

800-434-8013

For hearing impaired, text: 830-499-1221

<http://www.ccccnbt.org>

Hill Country CARES:

Serves Kerr, Kendall, Kimble, Bandera & Gillespie counties.

888-621-0047

www.hccares.com



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Counseling

Center for Health Care Services (MH/MR)

Psychiatric (medication) services, mental health counseling, substance abuse treatment.

210-261-1250 (Non-emergency)

210-223-7233 (24/7 Crisis and Substance Abuse Hotline)

800-316-9241 (Toll-free 24/7 Crisis and Substance Abuse Hotline)

<http://chcsbc.org/>

CentroMed

Behavioral health services.

210-922-7000

<http://centromedsa.com>

CommuniCare Health Centers

Individual psychotherapy, medication management.

210-233-7000

www.communicaresa.org

Community Counseling Service—Our Lady of the Lake University

Counseling services for individual, couple, family.

210-434-1054

<http://www.ollusa.edu/s/1190/hybrid/18/default-hybrid-ollu.aspx?pgid=7785&gid=1>

Family Life Center—St. Mary's University

Located at St. Mary's University, this center provides comprehensive counseling services, including play therapy for children.

210-438-6411

<https://www.stmarytx.edu/outreach/counseling/>

Family Service Association

Comprehensive counseling services, as well as youth-based & parenting programs. Call for the nearest location.

210-299-2400

<https://www.family-service.org/>

Jewish Family Service

Counseling & support groups for a multitude of issues.

210-302-6920

<http://www.jfs-sa.org/>

Rape Crisis Center

Counseling & advocacy to victims of sexual assault/abuse, including victims of childhood sexual abuse. *No fee for services.*

210-349-7273

www.rapecrisis.com

St. PJ's Counseling Center

Individual, family, marital, sibling, & group therapy; parenting programs.

210-533-1203

www.stpjhome.org



*For emergencies,
dial 9-1-1.*

*For mental health crisis,
contact the 24-7 crisis
hotline at 210-223-7233*

*or
800-316-9241*





Substance & Alcohol Abuse

Alcoholics Anonymous - Central Service Office of San Antonio
210-821-6325
210-822-4491 Fax/TDD Line
210-828-6235 24-Hour Helpline
<http://www.aasanantonio.org/>

Esperanza Area Narcotics Anonymous
210-434-0665 or
800-221-9091
888-600-6229 (Spanish)
<http://www.canaonline.org/>

South Central Texas Area Cocaine Anonymous
210-232-6382
<http://ca-scta.org/>

Alpha Home
Outpatient services and residential rehab for women ONLY.
419 E. Magnolia St.
San Antonio, TX 78212
210-735-3822
<http://www.alphahome.org>

Army Substance Abuse Program
2991 Garden Ave., Bldg 1279A
San Antonio, TX 78234
(Across from Ft. Sam Houston Clinic)
210-295-6345
<https://www.cs.amedd.army.mil/Terrain/1.aspx>

Lifetime Recovery
96 Crossroads Blvd.
San Antonio, TX 78201
Phone: (210) 734-6362, Press 1
210-633-0201
<http://www.lifetimerecoverytx.org>

Rise Recovery: Palmer Drug Abuse Program
Counseling, group meetings, chemical-free activities and retreats.
210-227-2634
<http://www.riserecovery.org>

The Center for Health Care Services Substance Abuse Treatment Services
Detox, opioid treatment, public sobering unit, intensive outpatient programs.
210-261-1250
<http://chcsbc.org/>

*“Determine the thing
that can and shall be
done, and then we
shall find the way.”
- Abraham Lincoln*



Suicide Prevention

Center for Health Care Services (MH/MR)

Psychiatric (medication) services, mental health counseling, substance abuse treatment.

210-261-1250 (Non-emergency)

210-223-7233 (24/7 Crisis and Substance Abuse Hotline)

800-316-9241 (Toll-free 24/7 Crisis and Substance Abuse Hotline)

<http://chcsbc.org/>

National Suicide Prevention Lifeline

Free and confidential support and resources. 24/7 hotline and online chat available.

800-273-8255

888-628-9454 (Spanish)

800-273-8255 (Veteran's Crisis Line)

800-799-4889 (TTY)

<https://suicidepreventionlifeline.org>

The Trevor Project

Suicide prevention and peer support focusing on LGBTQ youth. Online chat available.

866-488-7386

<http://www.thetrevorproject.org>



LGBTQ+

Pride Center San Antonio

Advocacy, mentoring, support groups, safe zone training, community resources.

1002 N. Flores St.

San Antonio, TX 78212

Email: info@pridecentersa.org

210-370-7743

<http://pridecentersa.org>

PFLAG San Antonio

Support and information for parents, families, friends and allies of the LGBTQ community.

210-848-7407

Email: pflag210@gmail.com

<https://pflagsanantonio.org>

San Antonio Gender Association

Support for transsexual, transgender, and gender variant individuals. Group meets every first and third Thursday of the month from 6-9pm at 611 E. Myrtle, San Antonio, TX.

<http://www.sagender.net/>

Thrive Youth Center

Provide support, education, case management for homeless LGBTQ youth.

210-212-2935

<https://www.thriveyouthcenter.com>



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Legal Resources



Caritas Legal Services

Program provided through Catholic Charities, offering “Ask-A-Lawyer” legal clinics. Legal information provided, and referrals to legal aid or referrals to other attorneys who offer sliding-scale fees.

210-433-3256

<https://ccaosa.org/home/caritas-legal-services/>

Center for Legal and Social Justice—St. Mary’s

Assists disadvantaged individuals with legal issues.

210-436-3523

<https://law.stmarytx.edu/>

Community Justice Program

Free legal services to low-income residents of South Texas by the San Antonio Bar Association. Cases taken based on eligibility. Clients must prequalify.

210-227-8822

Email: cjpclients@sabar.org

<http://www.sanantoniobar.org/>

Jewish Family Service

Attorney Mike Robbins offers free legal advice on any matter the 1st & 3rd Tuesday of every month at 4:30 pm. (arrive at least 10 minutes early).

Individuals are seen on a first-come/first-serve basis, only up to ten people per session.

Phone: 210-533-1112 (Call to request an appointment.)

Location: 1151 Mission Rd., San Antonio, TX 78210

San Antonio Community Law Center

Provides legal services for working poor and elderly people ineligible for Texas Rio Grande Legal Aid.

210-271-9595

Texas Rio Grande Legal Aid

Provides free legal services to low-income residents.

888-988-9996

<http://www.trla.org/>

Texas Advocacy Project

Operates three statewide toll-free legal hotlines. Specialists gather initial information and connects callers to speak to an appropriate attorney.

800-777-3247 (Family Law Hotline)

800-374-4673 (Family Violence Legal Hotline)

800-296-7233 (Sexual Assault Legal Hotline)

512-476-5377 (Texas Advocacy Project Office)

www.texasadvocacyproject.org

*“Injustice anywhere is
a threat to justice
everywhere.”*

-

*Martin Luther King,
Jr.*



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Conflict Resolution and Mediation

Bexar County Dispute Resolution Center

Trained volunteers offer free mediation services to Bexar County residents at no cost. Assists in mediating civil disputes without going to court. The Center also offers referral services and community outreach services.

210-335-2128

home.bexar.org/drc

Disability Rights Texas

Advocates for persons with disability who are experiencing a legal problem or having difficulty obtaining disability services.

800-252-9108

210-737-0499

Video Phone: 866-362-2851

<https://www.disabilityrightstx.org>



Financial Resources for College

Federal Student Aid

Complete the Free Application for Federal Student Aid (FAFSA) to apply for federal student financial aid (federal loans or grants, depending on eligibility).

<https://fafsa.ed.gov>

Alamo Colleges Scholarships

Visit www.alamo.edu/nvc and click on “Admissions and Aid” and then click “Scholarships” under the “Paying For College” tab for information on scholarships available at the Alamo Colleges.

Email: nvc-cares@alamo.edu

<https://www.alamo.edu/nvc/admissions-and-aid/paying-for-college/scholarships/>

Café College

Serves students on a walk-in basis. Provides college access advice, guidance and college readiness workshops. Will help students complete a FAFSA application.

131 El Paso St, San Antonio, TX 78204

210-207-4528

<http://www.cafecollege.org>

FAFSA Forecaster

Provides a forecast of potential eligibility for aid. Once complete, the information can be transferred from the forecaster to FAFSA forms.

<http://studentaid.ed.gov/fafsa/estimate>

Applying for Federal Financial Aid is a FREE process. Don't fall for scams!



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Financial Resources for College, cont.

FastWeb

Online resource for matching students with scholarships.

<http://www.fastweb.com>

FinAid.org

Website provides “how-to” guidance on different types of financial aid (public vs. private loans, scholarship tips, repayment information etc.)

<http://www.finaid.org>

Minnie Stevens Piper Foundation

Students can visit the website to obtain free information on scholarships and grants. We recommend searching the “Subject Index to Financial Aid Programs.”

<https://comptroller.texas.gov/programs/education/msp/>

Project Quest

Provides comprehensive financial & social services to low-income students in Bexar County pursuing qualifying vocational & technical degrees.

515 SW 24th St., San Antonio, TX 78207

210-630-4690

www.questsa.org

San Antonio Area Foundation

Visit their website to apply for various scholarships and find other scholarship tips and resources. We recommend downloading the complete list of scholarship funds for a summary of available scholarships and application deadlines.

210-225-2243

Email: info@saafdn.org

<http://saafdn.org/Scholarships/WelcomeScholarshipSeekers.aspx>

Scholarships — usually based on athletic or academic merit, or your field of study.

Grants—funds are usually need-based (for example, based on family income). Federal grants are the most common.

Loans— Federal Loans are the most common and provide the most protection to student consumers. Loans should be a last resort if scholarships or grants are unavailable. Loans must be repaid!



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Northwest Vista College
Counseling Services - Wellness Center
Cypress Campus Center 204
3535 N. Ellison Drive
San Antonio, TX 78251

Phone: 210-486-4466 (Front Desk)
210-486-4419
Fax: 210-486-9202
Email: acantu200@alamo.edu
nvc-counseling@alamo.edu

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For additional resources not seen here, or for questions or corrections, please contact NVC Counseling Services!

We're on the Web!
<https://www.alamo.edu/nvc/experience-nvc/current-students/counseling-services/>

NVC Counseling Services

We are here for you!

Difficult issues can get in the way of academic success. Trained and licensed staff can guide you in personal, social, and/or psychological matters such as depression, anxiety, PTSD and grief. We can help you manage these issues, your responsibilities, and other personal situations.

Looking for information on academic advisors?

Please visit Advising, Career and Transfer Services online:

<https://www.alamo.edu/nvc/experience-nvc/current-students/academic-advising/>

Normal Hours of Operation:

Summer hours vary according to campus hours.

Appointments preferred.

Monday, Tuesday, Wednesday: 8:00 a.m. – 5:00 p.m.

Thursday: 8:00 a.m. – 7:00 p.m.

Friday: 1:00 p.m. – 5:00 p.m.

Please contact us regarding Saturday availability.

Free brief counseling services available to students:

- Anxiety
- Depression
- Substance abuse
- Community referral
- Grief
- Relationships
- Crisis
- ADHD/ADD



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