

## Resource Listing

**NOTE:** If available, websites are hyperlinked to Agency Name.

PHYSICAL / MENTAL HEALTH SERVICES			
Agency	Location	Time	Notes
United Healthcare	Telephone	24 hrs / 7 days a week	Medicare recipients can call for information on COVID-19, where to be tested, and how to have the testing copay waived. Contact (210) 385-5532
City of San Antonio (CoSA)	Freeman Coliseum (3201 E. Houston Street, San Antonio, TX 78219)	By appointment	COVID-19 Testing available for individuals who have been pre-approved by a doctor, first responders, healthcare workers, and VIA bus drivers. By appointment only. If you cannot afford a doctor's visit, or need an appointment, call Metro Health's COVID-19 hotline at (210) 207-5779
Aetna	Varies	24 hrs / 7 days a week	CHIP/Medicaid Applications. For appointment to apply for CHIP/Medicaid, call (210) 863-1785
Well Care	Telephone	Mon. - Fri. 8:00 am - 7:00 pm Sat. - Sun. 8:00 am - 4:00 pm	For questions regarding benefits and claims issues. (210) 694-3917 - Front Office // (210) 694-3901 - Retention Specialist
<a href="#">Health Resources and Services Administration</a>	Varies	Varies	List of Federally Qualified Health Clinics for persons without health insurance.
Mental Health Hotline	Telephone	N/A	HHS has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. Contact: 1-833-986-1919
<a href="#">Support Groups Central</a>	Online	N/A	Free online support groups for anxiety, single parents, depression, and more.
<a href="#">NAMI</a>	Online	N/A	National Alliance on Mental Illness (Support, Education)
San Antonio Sports (iPlay, Youth)	Online	N/A	SA Sports created a PDF workout guide for kids to exercise and stay healthy. <a href="#">PDF 1</a> / <a href="#">PDF 2</a>



<a href="#">Therapy Assistance Online (TAO)</a>	Online	N/A	TAO is online and free for 90 days during COVID-19. The evidence-based digital tools can be accessed at any time, from anywhere. TAO can help with treating anxiety, depression, stress, substance abuse, resiliency, relationship problems, and pain management.
Family Violence Prevention Services (FVPS)	Telephone	N/A	For anyone experiencing violence who needs shelter. FVPS: (210) 733-8810 / SAPD Non-Emergency: (210) 207-7273 / Emergency: 911
Bexar County Sheriff's Office (BCSO)	Telephone	24 hrs / 7 days a week	Anyone experiencing violence can text to 911. Put 911 in the "To" field. In the text field include your location and the type of emergency. Press send and answer any follow-up questions and instructions that are texted back.
San Antonio Homeless Connection Hotline	Telephone	Mon. - Fri. 8:30 am - 4:30 pm	Hotline for individuals experiencing homelessness. If there is no answer, leave a voicemail. Contact: 210-207-1799
FINANCIAL / UTILITIES			
Agency	Location	Time	Notes
<a href="#">IRS</a>	Online	N/A	<a href="#">IRS launch new tool to help non-filers register for Economic Impact Payments</a>
<a href="#">IRS</a>	Online	N/A	Get my refund (check status of when EIP will be received)
SAWS	East Side Customer Center (403 South WW White Road)	Mon. - Fri. 8:00 am - 5:00 pm	For concerns with paying utility bills. Can pay in person, online, or by phone. Contact: 210-704-7297
SAWS	West Side Customer Center (803 Castroville Rd, Suite 406)	Mon. - Fri. 10:30 am - 5:00 pm	Water utility, will not be enforcing water shutoffs for unpaid bills at this time. Can pay in person, online, or by phone.
SAWS	HEB	Varies	Can pay water bill at HEB
<a href="#">SAWS</a>	Online	N/A	Can apply online for utility payment assistance through SAWS.
<a href="#">SAWS</a>	Online	N/A	Can pay online.



CPS	East Side (4525 Rigsby Ave, Suite 112)	Mon. - Fri. 10:30 am - 5:00 pm	Inquiries for utility payments. Can pay in person, online, or by phone.
CPS	North Side (7000 San Pedro)	Mon. - Fri. 10:30 am - 5:00 pm	Inquiries for utility payments. Can pay in person, online, or by phone.
CPS	South Side (660 S.W. Military)	Mon. - Fri. 10:30 am - 5:00 pm	Inquiries for utility payments. Can pay in person, online, or by phone.
CPS	West Side (803 Castroville Rd, Suite 406)	Mon. - Fri. 10:30 am - 5:00 pm	Inquiries for utility payments. Can pay in person, online, or by phone.
<a href="#">CPS</a>	Online	N/A	Can pay online
<a href="#">CPS</a>	Online	N/A	Can apply for online utility payment assistance.
CHILD CARE			
Agency	Location	Time	Notes
<a href="#">Frontline Child Care</a>	Online	N/A	Website searches to find open childcare locations for working parents employed at essential businesses. This includes health care professionals, first responders, employees of a grocery store or utility company, truck drivers, or someone employed in one of these critical industries.
Child care assistance	Online	N/A	Child care assistance for essential personnel having to report to work. United Way Phone #: 2-1-1
FOOD SERVICES			
Agency	Location	Date	Notes
Catholic Charities	Varies	Varies	Must call ahead to be screened CC will then provide information on what assistance is available. Contact: (210) 226-6178
SA Hope	321 N. General McMullen, San Antonio, Texas 78237	Mon. - Fri. 9:00 am - 5:00 pm	Provides food for families. This is subject to change based on resources and need. Families can receive this once a week. Contact: (210) 732-3776



Salvation Army	521 W. Elmira Street, San Antonio, TX	Mon. - Fri. 11:00 am - 1:00 pm	Provides sack lunches.
	521 W. Elmira Street, San Antonio, TX	Mon. - Fri. 4:00 pm -5:00 pm	Provides hot meals.
Catholic Workers House (All ages)	626 Nolan St, San Antonio, TX 78202	Mon. - Fri. 8:00 am. -10:00 am	
		Mon. - Fri. 11:30 am	Provides lunches
<a href="#">San Antonio Food Bank</a>	5200 Enrique M. Barrera Pkwy, San Antonio, TX 78227	Saturdays	Register online for free weekly produce pick up. Each week you can pick up a week's supply of a different kind of produce. Register through link. Contact: (210) 337-3663
West Avenue Compassion	10715 West Ave, San Antonio, TX 78213	Tuesdays 10:00 am - 2:00 pm	Parking lot opens at 9:00 am. Families must bring a picture ID to make the process go quicker and easier. It can be any type of ID with their picture and name on it.
R3Student	2555 Castroville Rd. SATX 78237	Tues. & Thurs. 12:00 pm	Distributing free hot meals curbside beginning at 12pm for the month of April. No qualifications or documents are needed, children do not need to be present for this one. Meals served on a first come basis.
R3Student	2555 Castroville RD. SATX	Mondays 1:00 pm - 3:00 pm	Meal Pack pickup beginning at 1pm. Parents and children need to be present. Meals per child. Meals served on a first come basis.
Bexar County Youth	Delivers	10:00 am - 12:00 pm	Free meal pack for seniors
VIA CARES	Delivers	N/A	VIA will deliver food to people who are homebound and are in need of food. Residents will need to call ahead to pre-register. Contact: 210-431-8326

**Youth Lunches:** Meals are being offered by school districts for children 18 and under. Please visit their websites (linked below) for more information on dates, times, locations and other details.

- [ECISD](#)
- [IDEA](#)
- [NEISD](#)
- [NISD](#)
- [Judson ISD](#)
- [KIPP](#)
- [SAISD](#)

**TECHNOLOGY SERVICES**

Agency Name	Address	Phone	Notes
<a href="#">City of San Antonio's Digital Inclusion Resources</a>	Online	N/A	



	<a href="#">Low-Cost Offers</a>	N/A	Free and low-cost internet options.
Internet	<a href="#">Low-Cost Internet Service</a>	N/A	Low-cost internet options.
<a href="#">BiblioTech</a>	Online	N/A	Bexar County residents can register for a free BiblioTech Card on this website. Access to online books, movies and learning resources/classes.
<a href="#">PBS</a>	Online	N/A	Online learning resource for students K-12.
<a href="#">Scholastic</a>	Online	N/A	Learning resources for children in Pre-K.
<a href="#">National Down Syndrome Congress</a>	Online		Parent webinar series to help with online learning for students with disabilities.
<a href="#">Time for Kids</a>	Online	N/A	Learning materials for students.
<a href="#">Free School Work Tutoring</a>	Online	N/A	Free tutoring for students K-12.
<a href="#">Connect2Compete</a>	Online	N/A	The Alamo Colleges is working with Connect2Compete to provide students and employees low-cost computers and free or low cost Internet service, along with the hardware and the digital skills to effectively and safely use the Internet. Depending on home location, you may qualify for fast free service or a discounted high-speed Internet data plan.
<a href="#">Assurance (Free Government Phone)</a>	Online	N/A	Free cell phone to qualifying low income individuals who must be a participant in an assistance program such as medicaid, medicare, snap, or SSI
<b>GENERAL RESOURCES</b>			
<b>Agency</b>	<b>Location</b>	<b>Time</b>	<b>Notes</b>
<a href="#">United Way</a>	Online	N/A	Resource Page
VITA Free Tax Help	Guadalupe Community Center 1801 W. Cesar Chavez Blvd, 78207 (210) 226-6178	Mon. - Fri. 8:00 am - 5:00 pm	Due to COVID-19 only 3 locations are doing income taxes, Guadalupe Community Center is one of the sites, drop off paperwork and pick up within 72 hours when completed.
<a href="#">YMCA</a>	Online	N/A	Online exercise programs
<a href="#">Texas Diaper Bank</a>	1803 Grandstand Dr #150 San Antonio, TX 78238	Mon. - Wed. 9:00 am - 11:45 am 1:00 pm - 4:00 pm	Appointment only. Diaper Assistance, Incontinence Assistance, Period Supplies. To make an appointment, please call: (210) 731-8118 option 1.



<a href="#">IRS</a>	Online	N/A	<a href="#">IRS launch new tool to help non-filers register for Economic Impact Payments</a>
<a href="#">VIA Transit</a>	Online	Ongoing	Free transportation