

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
Freeman Coliseum	3201 E. Houston Street, San Antonio, TX 78219	Mon. - Fri.	Free COVID-19 Testing available for individuals. By appointment or walk-in.
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
Health Resources and Services Administration	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
Support Groups Central	Online	N/A	Free online support groups for anxiety, single parents, depression, and more.
NAMI	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. PDF 1 / PDF 2
Therapy Assistance Online (TAO)	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
Deaf Counseling Center	Video call	Tuesdays 2 pm (240)- 380-2577	Free deaf counseling services via video phone. (Calming Coronavirus anxiety and depression support group)
COVID-19 Pandemic Response Resources	Online	N/A	This a COVID-19 specific resource list from the Center for the Study of Traumatic Stress. There is a wide variety of resources listed from a trauma-informed perspective.
Methodist Healthcare Ministries	Various Locations	By appointment	One on one counseling to individuals with no insurance. The first meeting with a counselor is free. A modest fee based on a sliding fee scale is collected for each follow-up session; however, no one is denied service because they cannot pay. An appointment must be scheduled in advance.
Center for Health Care Services	Telephone	210-731-1300 24 Hr Hot Line: 1-800-316-9421 Crisis Line: 210-223-7233	Services for individuals experiencing mental health issues.
THHSC	Telephone	833-986-1919	COVID-19 mental health support hotline
FINANCIAL / UTILITIES			
Agency	Location	Time	Notes



IRS	Online	N/A	IRS launch new tool to help non-filers register for Economic Impact Payments
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
SAWS	Online	N/A	Can apply online for utility payment assistance through SAWS.
SAWS	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.
CPS	Online	N/A	Can apply for online utility payment assistance.
Alamo Colleges	Online		To support students through this crisis, Alamo Colleges District has established Student Emergency Aid to provide emergency resources for students who need temporary assistance.
City of San Antonio	Online	N/A	Rental/Mortgage Assistance
CHILDCARE			
Agency	Location	Time	Notes
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	
	N/A	Mon. - Fri. 11:30 am	Provides lunches
San Antonio Food Bank	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
CJCLife Church	6401 Bandera Rd, San Antonio, TX 78238	Fridays 10:00 am - 12:00 pm	CJCLife Church will be giving out free bag of groceries to first come first serve every Friday
Agora Ministries	1807 San Fernando St. 78207	Wednesdays 12:00 pm	Hope Food Pantry, curbside pickup, while supplies last
Free Little Pantry	Intersection of Silent Oaks and Peaceful Meadows. 7300 block of Peaceful Meadows across from the mailboxes.	Everyday 8:00 am - 8:00 pm	Free groceries. No need to call or message. Take what you need. Give what you can.

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
City of San Antonio's Digital Inclusion Resources	Online	N/A	
Internet	Low-Cost Offers	N/A	Free and low-cost internet options.



	Low-Cost Internet Service	N/A	Low-cost internet options.
BiblioTech	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.
PBS	Online	N/A	Online learning resource for students K-12.
Scholastic	Online	N/A	Learning resources for children in Pre-K.
National Down Syndrome Congress	Online		Parent webinar series to help with online learning for students with disabilities.
Time for Kids	Online	N/A	Learning materials for students.
Free School Work Tutoring	Online	N/A	Free tutoring for students K-12.
Connect2Compete	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.
Assurance (Free Government Phone)	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
Lifeline Smart (Free Phone and Service)		254-220-8810	Free phone service to all residents and low income individuals. Same day delivery.

GENERAL RESOURCES

Agency	Location	Time	Notes
United Way	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.
YMCA	Online	N/A	Online exercise programs
Texas Diaper Bank	1803 Grandstand Dr #150 San Antonio, TX 78238	Mon. - Wed. 9:00 am - 11:45 am	Appointment only. Diaper Assistance, Incontinence Assistance, Period Supplies. To



		1:00 pm - 4:00 pm	make an appointment, please call: (210) 731-8118 option 1.
IRS	Online	N/A	IRS launch new tool to help non-filers register for Economic Impact Payments
VIA Transit	Online	Ongoing	Free transportation
Eagles Flight Advocacy & Outreach	216 Purcell S.A. TX. 78237	Suggestion: 8:00 am - 5:00 p,	Provides diapers, wipes, cleaning supplies, masks, & food
City of San Antonio (COSA)	Hotline: (210) 207-5779	8:00 am -7:00 pm	Hotline will answer and assists with questions related to COVID-19. Recently obtained email to request documentation for results of testing that was done at Freeman Coliseum to provide to employer.
Mask Helpers	Online	N/A	Free non-medical grade reusable masks to those in need
Catholic Charities	2127 S. Zarzamora St, San Antonio, TX 78207.	Mon. - Fri. 8:30 am - 5:00 pm	Food, clothing, diapers assistance. Call to schedule an appointment to get assistance (210) 226-6178.