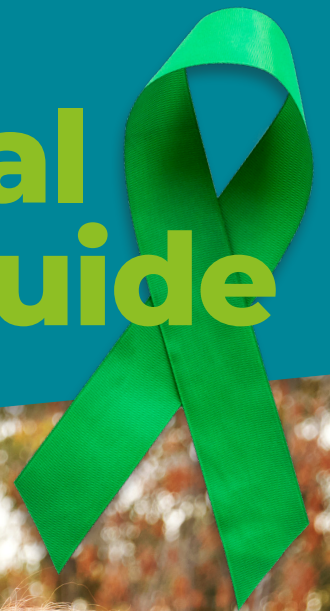


San Antonio

# Mental & Behavioral Health Resource Guide



**Mayor's**  
Fitness Council

# Mental Health & Suicide Prevention Organizations



## Getting Started

Developed by members of the San Antonio Health Advisory Board, practicing psychiatrists and other mental health professionals, in collaboration with the YMCA and the San Antonio Mayor's Fitness Council, this Mental and Behavioral Health Resource Guide provides resources and guidance for community members in the San Antonio area and surrounding counties for supporting mental and behavioral health.

During a time of new and unforeseen challenges to our mental and physical wellbeing, the Mayor's Fitness Council wants every citizen in need of help and support to have easy

access to life saving information. Therefore, this guide serves as a one-stop resource for those who may be struggling with emotional and substance abuse issues. It is our hope that these recommendations will help to decrease stigma, increase and enhance help-seeking, and lead to a healthier San Antonio. Please utilize this guide on your journey toward wellness with the knowledge that you are not alone on this path.

Below you will find a list of many local mental health resources. National resources are listed on the following page.

- |   |   |   |
|---|---|---|
| <b>1</b> <b>Employee Wellness Program</b><br><b>Website:</b> <a href="http://sanantonio.gov/employeeinformation/wellness">sanantonio.gov/employeeinformation/wellness</a><br><b>Call:</b> 210-207-WELL (9355) | <b>5</b> <b>University Health Systems - Robert B. Green Campus</b><br><b>Website:</b> <a href="http://universityhealthsystem.com">universityhealthsystem.com</a><br><b>Call:</b> 210-358-3400 | <b>9</b> <b>National Alliance on Mental Illness San Antonio</b><br><b>Website:</b> <a href="http://nami-sat.org">nami-sat.org</a><br><b>Call:</b> 210-306-4442  |
| <b>2</b> <b>Clarity Child Guidance Center</b><br><b>Website:</b> <a href="http://claritycgc.org">claritycgc.org</a><br><b>Call:</b> 210-616-0300  | <b>6</b> <b>Laurel Ridge</b><br><b>Website:</b> <a href="http://laurelridgetc.com">laurelridgetc.com</a><br><b>Call:</b> 210-306-4442   | <b>10</b> <b>San Antonio Behavioral Healthcare Hospital (SABHH)</b><br><b>Website:</b> <a href="http://sanantoniobehavioral.com">sanantoniobehavioral.com</a><br><b>Call:</b> 210-829-5236<br><b>Call:</b> 210-764-1111 |
| <b>3</b> <b>The Center for Health Care Services</b><br><b>Website:</b> <a href="http://chcsbc.org">chcsbc.org</a><br><b>Call:</b> 210-261-1000<br><b>Call:</b> 800-361-9241                                   | <b>7</b> <b>Audie L. Murphy Memorial Veterans' Hospital</b><br><b>Website:</b> <a href="http://southtexas.va.gov">southtexas.va.gov</a><br><b>Call:</b> 210-617-5300                          | <b>11</b> <b>San Antonio State Hospital</b><br><b>Website:</b> <a href="http://hhs.texas.gov">hhs.texas.gov</a><br><b>Call:</b> 210-532-8811  |
| <b>4</b> <b>Bexar Co. Dept. of Behavioral Health</b><br><b>Website:</b> <a href="http://bexar.org">bexar.org</a>  | <b>8</b> <b>The Eating Recovery Center</b><br><b>Website:</b> <a href="http://eatingrecoverycenter.com">eatingrecoverycenter.com</a><br><b>Call:</b> 210-874-2399                             | <b>12</b> <b>UT Health San Antonio Department of Psychiatry</b><br><b>Website:</b> <a href="http://uthscsa.edu">uthscsa.edu</a><br><b>Call:</b> 210-450-9000  |





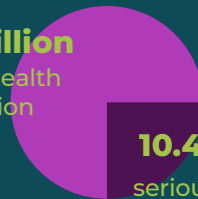
The data below provide a clear rationale for employers to include mental health initiatives within their benefit structure, both because of the opportunity that the workplace has to reach people who need mental and behavioral health services and the impact that mental and behavioral health interventions can have on an organization's culture and bottom line.



## 2 out of 3

Despite the prevalence of mental health conditions among adults, approximately two-thirds of people with symptoms of mental and substance use disorders do not receive treatment.<sup>1</sup>

**44.7 million**  
mental health  
condition



**10.4 million**  
serious condition

Approximately 44.7 million adults aged 18 or older experience a mental health condition, with 10.4 million experiencing a serious mental health condition.<sup>2</sup> There is also significant co-occurrence of mental disorders and substance use disorders and significant co-occurrence of mental and substance use disorders with other chronic medical conditions.<sup>2</sup>



## 85% to 95%

When left untreated, mental disorders carry a significant risk of disability and death. Research has shown that 85 to 95 percent of people who die by suicide have a diagnosable mental health condition at the time of their death.<sup>3</sup>

# National Crisis Hotline



## Promoting Mental and Behavioral Health

If you're an employer, you can promote mental and behavioral health as part of an overall corporate wellness campaign. Here are some ideas.

Consider inviting community mental health professionals into your office for educational programming and free screenings, perhaps while promoting existing insurance benefits and the Employee Assistance Program (EAP). Topics could include:

- The brain & emotions
- Nutrition programs (such as gut health & emotional health)
- Stress management
- Emotional intelligence
- Sleep hygiene
- Understanding mental health disorders
- Effective communication
- Social support
- Breaking habits
- How to find a therapist
- Time management
- Work/life coordination
- Financial counseling/management

Provide online screening tools and encourage employees to connect with mental health services

Provide mental health and suicide prevention education programs to employee

Provide employee family members with mental health education and services information.

Visit [www.fitcitysa.com](http://www.fitcitysa.com) for suggested resources.

### References

1. Wang, P.S., et al., Telephone screening, outreach and care management for depressed workers and impact on clinical and work productivity outcomes, a randomized controlled trial. *Journal of the American Medical Association*, 2007. 298(12): p. 10.
2. 2016 National Survey on Drug Use and Health: Detailed Tables, C.f.B.H.S.a. Quality, Editor. 2017.
3. Cavanaugh, J.T., et al., Psychological autopsy studies of suicide: a systematic review *Psychological Medicine*, 2003. 33(3): p. 11.

**1 National Suicide Prevention**  
**Website:** [suicidepreventionlifeline](http://suicidepreventionlifeline.org)  
**Call:** 1-800-273-8255

**2 Veterans Crisis Line and Crisis Chat**  
**Website:** [veteranscrisisline.net](http://veteranscrisisline.net)  
**Call:** 1-800-273-8255 (press 1)

**3 Crisis Text/ Chat Line**  
**Website:** [crisistextline.org](http://crisistextline.org)  
**Text:** "TALK" to 741741



[WWW.FITCITYSA.COM](http://WWW.FITCITYSA.COM)