



ECISD STAFF MENTAL HEALTH SUPPORT

Your well-being matters. Support is here for you.

May 2026



IMMEDIATE HELP



988

SUICIDE & CRISIS
LIFELINE

Call or Text **988**



Call: 1-800-950-NAMI (6264)

Text: 62640

Chat: nami.org/help



INSURANCE & VIRTUAL SUPPORT



BlueCross
BlueShield

Therapy and
Psychiatry Coverage

galileo

24/7 Virtual Mental Health
Consults and Medication



LOCAL SUPPORT SERVICES



Call: 830-496-1143

Email: ddailey@ecrh.org



SERVING HUMANITY TO HONOR GOD

Dixon Health & Wellness Center

Call: 210-922-6922

Website: www.mhm.org/san-antonio

EAST CENTRAL INDEPENDENT SCHOOL DISTRICT