



EC CARES: IMMEDIATE ASSISTANCE AND CRISIS RESOURCES

You Are Not Alone.

May 2026

IMMEDIATE ASSISTANCE AND CRISIS RESOURCES



Call or Text
988

Crisis Text Line:
Text **HOME**
to **741741**

**Bexar County
Mental Health
Crisis Line:**
210-223-7233



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

Text: 62640

Chat: nami.org/help



**Rape Crisis
Center Hotline:**
210-349-7273



**Texas Child
Abuse Hotline:**
800-252-5400



**San Antonio Police
Emergency: 911
Non-Emergency:**
210-207-7273

**City of San Antonio
Community
Connections
Hotline:**
210-207-1799



Scan the QR code for the
EC Cares Resource Guide.

