

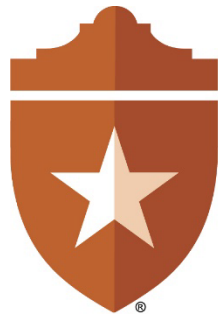
UT Health
San Antonio

NOW Case Management

We can help you find resources for

- ✓ health insurance
- ✓ transportation
- ✓ basic needs (food, housing)
- ✓ community support
- ✓ prescription assistance
- ✓ legal services
- ✓ psycho-social support

Ask your doctor, counselor, or the front desk about case management. We would all be happy to help you meet with a social worker.



UT Health
San Antonio

Anxiety & Depression Group

Day and Time: Wednesdays, 1–2 pm

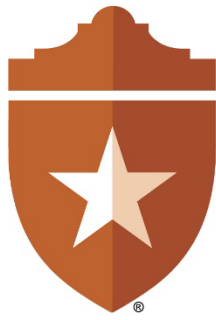
Location: Internet or Phone

We welcome you to take advantage of our
Anxiety & Depression Group

The purpose of this service is to

- *Provide support*
- *Improve understanding of symptoms*
- *Find new ways of coping and growing*
- *Provide an outlet for sharing experiences*

Call 210-562-5263 to sign up



UT Health
San Antonio

Stress Management Group

Day and Time: Thursdays, 4–5 pm

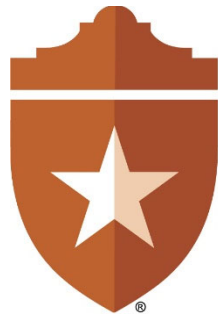
Location: Internet or Phone

We welcome you to join the
Stress Management Group!

Learn skills to

- *Decrease stress*
- *Lower anxiety & depression*
- *Regulate sleep*
- *Improve brain function*
- *Boost the immune system*
- *Cope with chronic illness*

Call 210-567-5594 to sign up



UT Health
San Antonio

Coping with PTSD Group

Day and Time: Wednesdays, 5–6 pm

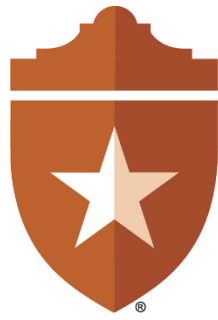
Location: UT Behavioral Health and Wellness Clinic
5788 Eckhert Road, NOW Group Room

This group will help you

- *Improve understanding of PTSD & related problems*
 - *Find support from others with similar experiences*
- *Learn ways to feel relief from symptoms & live the life you want*

You will not be asked to discuss details of traumatic experiences

Call 210-450-7222 with any questions!



UT Health
San Antonio

Peer Support Group

A Mini-Wellness Tool Workshop!

Day and Time: Thursday, 2–3 pm

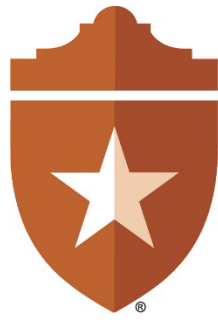
Location: Internet or Phone

**We welcome you to take advantage of our
Peer Support Group!**

The purpose of this service is to

- Discuss ways to feel better
 - Develop wellness tools
 - Enhance your optimism
 - Engage with others
 - Develop self-care strategies
- Discuss healthy lifestyle choices

Call 210-450-7222 to sign up



UT Health
San Antonio

Chronic Pain Support Group

Day and Time: Tuesdays, 4:30–5:30 pm

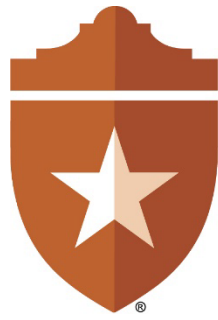
Location: Internet or Phone

We welcome you to take advantage of our
Chronic Pain Support Group

The purpose of this service is to

- *Connect with others living with pain*
- *Learn to cope with pain in new ways*
- *Reduce the interference of pain with living a full life*
- *Provide supportive, non-judgmental care*

Call 210-450-6183 for screening



UT Health
San Antonio

Wellness Recovery Action Planning (WRAP)

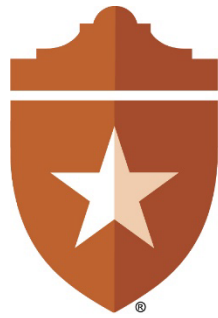
Work with a Peer Specialist and

- *Learn about Wellness Recovery Action Planning*
- *Receive a FREE WRAP Workbook*
- *Discuss ways to feel better*
- *Develop wellness tools*
- *Develop self-care strategies*
- *Develop stressor action plans*
- *Enhance your optimism*
- *Discuss healthy lifestyle choices*

Day and Time: Monday–Friday, 8 am–3 pm

Location: NOW Clinic

**Schedule a session at the Front Desk
or call 210-450-7222**



UT Health
San Antonio

Relapse Prevention Plan Workshop

Day and Time: Wednesdays, 2:30–4:00 pm

Flexible Times Also Available

Location: Internet or Phone

We welcome you to participate in the
Relapse Prevention Plan Workshop!

In this one-time workshop, you will create a
long-term recovery plan to

- *Help you give up harmful substance use behaviors*
- *Use problem-solving skills and prevent relapse*
- *Maximize harm reduction skills if relapse occurs*

If you have questions, or to sign up,
call 210-567-5958