

WILSON COUNTY COMMUNITY PARTNERS

RESPONSE TO TRAUMA:

When a traumatic event occurs, the symptoms can threaten to derail the victim's life.

While some symptoms will improve with time, others can have a life-long impact.

Be aware of the following symptoms.

EMOTIONAL

- Depression, apathy or irritability
- Anger, crying, sadness or anxiety
- Isolation
- Dissociation, feeling numb
- Excessive reaction to minor stress

PHYSICAL

- Sleep problems
- Eating changes
- Aches and pains
- Lack of energy

BEHAVIORAL

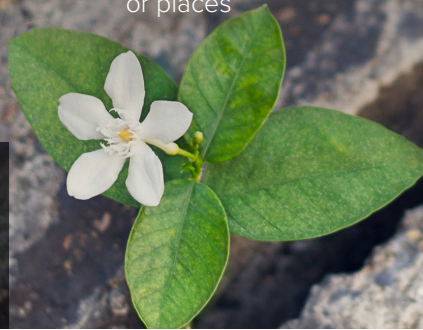
- Guilt, shame, self-blame
- Agitation, aggression
- Substance abuse
- Distrust, suspiciousness
- Avoidance of people or places

COGNITIVE

- Difficulty concentrating
- Memory problems
- Slowed thinking
- Flashbacks

WHO CAN HELP:

With severe cases, it is always best to seek professional help. If you or someone you know needs assistance, any of the below agencies can provide treatment.



Community Restoration and Recovery Center: A project of Camino Real Community Services

- Psychiatric Consultations and Treatment
- Individual, Family and Marital Counseling
- Trauma Specific Therapies
- Case Management and Care Coordination Services
- Mental Health First aid Training



2321 10th St.
Floresville, Texas 78114
830-216-2993
In Crisis Call: 1-800-543-5750
caminorealcs.org

Paloma Place

- Individual counseling for children, teens and adults
- Play Therapy
- Marriage and couple counseling
- Family Counseling
- Support for children/teens with seriously ill parent or sibling
- Support groups



140 Paloma Drive
Floresville, Texas 78114
830.455.4840
palomaplace.org

Children's Bereavement Center

- Individual counseling for children, teens and adults
- Play therapy
- Marriage and couple counseling
- Active military and veteran counseling
- Support for children/teens with seriously ill parent or sibling
- Support groups
- Grief camps for children and teens



Children's
Bereavement
Center
OF SOUTH TEXAS

205 West Olmos Drive
San Antonio, Texas 78212
210.736.4847
cbcst.org

The Community Justice Program (San Antonio Bar Association)

- Free legal services to qualified individuals
- Assistance with a variety of civil law matters, including:
 - Probate/estate issues
 - Disability (SSDI)
 - Custody/Guardianship
 - Employment issues



COMMUNITY
JUSTICE PROGRAM
THE PRO BONO PROJECT OF SABAA

100 Dolorosa, Suite 500
San Antonio, TX 78205
210.961.4108
cjp@sabar.org

The Center for Healing & Hope of South Texas

- Individual counseling for children, adolescents and adults
- Couple, marriage and family counseling
- Counseling for active duty military, veterans and their families
- Geriatric counseling
- Grief and trauma counseling
- Art and music therapy



THE CENTER FOR
HEALING & HOPE
of South Texas

- 13774 Highway 87 West
La Vernia, Texas 78121
- River Oaks Church
10294 FM 539
Sutherland Springs, Texas 78161
- First Baptist Church of
Sutherland Springs
216 4th Street
Sutherland Springs, Texas 78161

830.496.1143
ecrh.org



Academy of Crisis and Trauma Counseling At Paloma Place in Floresville

830-455-4840

Downtown Location on Campus

- 501 W Cesar E Chavez Blvd
San Antonio, TX 78207-4415
- Individual counseling for children, teens, and adults
- Couple, marriage, and family counseling
- Grief counseling
- Trauma counseling
- Support Groups
- EMDR and Neurofeedback

The Ecumenical Center

- Counseling for children and adolescents
- Play therapy
- Services for adults
- Counseling for active duty military, veterans and their families
- Grief and trauma counseling
- Implementation of special technologies



THE ECUMENICAL
CENTER FOR
EDUCATION, COUNSELING, HEALTH.

8310 Ewing Halsell Drive
San Antonio, Texas 78229
210.616.0885
ecrh.org

Floresville Independent School District

- Individual counseling
- Group counseling
- Academic counseling
- Crisis interventions
- Guidance lessons
- Referrals to agencies
- Higher education planning



1200 5th Street
Floresville, Texas 78114
830.393.5300
fisd.us