

# South Texas Veterans Health Care System Mental Health & Substance Use Services

## Getting connected

- ▶ STX Enrollment & Eligibility Office
  - ▶ (210) 949-3981
  - ▶ Office at Audie L. Murphy Veterans Hospital

Note: Individuals with Other Than Honorable discharges may be eligible for some care
- ▶ Primary Care Provider (PCP) Appointment
  - ▶ Initial visit (210) 949-3994 / Follow-up (210) 949-9702
  - ▶ At PCP appointment, request referral to mental health (often same-day intake)
- ▶ Same Day Mental Health Appointment
  - ▶ Walk-in to MH and Primary Care clinics
  - ▶ Abbreviated visit to address needs & facilitate connection to care

## Overview of Services

- ▶ Types of services
  - ▶ Care for depression, anxiety, PTSD, sleep problems, substance use, serious mental illness, eating disorders, chronic pain, and more
  - ▶ Psychotherapy: Individual, group, and couples
  - ▶ Medication management
  - ▶ Diagnostic & neuropsychological assessments
- ▶ Program settings
  - ▶ Telehealth
  - ▶ Primary Care Clinics
  - ▶ Outpatient Clinics & Home-based services
  - ▶ Intensive Outpatient & Residential Programs
  - ▶ Inpatient Unit for acute care