

WHAT TO EXPECT DURING THE FIRST APPOINTMENT

For your first appointment you will be asked to meet with our intake specialist to fill out our intake paperwork, and to collect the documentation providing your status as a veteran. You will be asked to provide a copy of your Form DD-214 and a picture ID card.

Once eligibility has been established, you will meet with a clinician to be screened to determine what your current needs are, any previous treatment experiences, and the benefits and requirements of participating in our services.

Once you have been enrolled and our services have been determined to be appropriate, you and your counselor will develop a plan for your treatment. Before leaving our office an appointment will be scheduled for the next session.



Many individuals experiencing emotional distress feel hopeless from time to time, or have thoughts of harming or even killing themselves or someone else. If you begin to worry that you may act upon thoughts of suicide or feel as though you may harm someone else, there is free and confidential help available 24 hours a day:

Crisis Line:

Call: 988

text : 838255

Chat: [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

Emergency Services: 911

VETERAN & FAMILY WELLNESS PROGRAM



Veteran and Family
Wellness Program
210-248-9933
105 Howard Street
San Antonio, Texas
78212