

The NOW Clinic offers rapid access to behavioral health treatment for Bexar County residents. Our providers will partner with you to create an individualized treatment plan that helps you achieve your personal goals for wellness.

# Our Process

Plan - Collaborate with your NOW provider(s) to develop a short-term plan, targeting your most distressing and disruptive symptoms.

Treat - Treatment may include short-term psychotherapy (individual or group), skills training, and medication management if needed.

Long-Term Focus - After developing a plan with your provider(s), we will work closely with you to determine if or when you need more intensive care. If so, we will work with you to connect with community resources to ensure seamless transition of care.

# Therapies We Offer

Cognitive Behavioral Therapy (CBT) for depression, anxiety, insomnia, chronic pain, and a wide range of other issues

Dialectic Behavioral Therapy (DBT)

Evidence-based therapies for PTSD:

 Cognitive Processing Therapy (CPT)

 Prolonged Exposure Therapy (PE)

Dialectic Behavioral Therapy for Adolescents

# Clinic Services

Case Management Medication Management

Group Therapy Individual Therapy

Peer Support

# How to Connect

To schedule your first visit, call or email us and our representatives will gather your information and schedule you for appointments with our providers. *For SAPD (active or retired) - ask for Dr. Lemke with the Police Psychology Program.*

210-450-7222

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nowclinicsa.org



5788 Eckhert Rd, San Antonio, TX, 78240 Hours of Operation: Monday-Friday 8AM-5PM