

UT Behavioral Health –
New Opportunities for Wellness (NOW)
Clinic



Welcome to the NOW Clinic!

We offer rapid access to behavioral health treatment for adults in Bexar County. Our provider(s) will partner with you to create an individualized treatment plan that helps you achieve your personal goals for wellness.

Plan

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

Treatment

- ✓ Treatment may include short-term psychotherapy (individual or group), skills training and/or medication management.

Long-Term Goal

- ✓ Develop a plan with your provider(s) on how to use self-management strategies.
- ✓ Collaborate with NOW provider(s) to define when/if you need more intensive treatment
- ✓ Connect with community resources with help from NOW staff

Call to schedule an appointment at 210-450-7222
Hours of Operation: Monday-Friday 8AM-5PM

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Services We Offer

Evidence-based Psychotherapies

Individual Therapy

- Cognitive Behavioral Therapy (CBT) for depression and anxiety
- CBT for psychotic symptoms
- Cognitive Processing Therapy (CPT) for trauma related experiences
- Dialectic Behavioral Therapy (DBT) for emotion management

Group Therapy

- DBT skills training groups
- Relapse preventions
- Family groups
- Peer led groups

Medication Management

Case Management

Peer Support

