

Referral Resource Guide - RIO GRANDE VALLEY

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation	Tropical Texas Crisis Mobile Unit— Local Mental Health Authority
Dial 911	1-877-289-7199
Crisis Text Line	Veterans Crisis Line
Text START to 741-741 www.crisistextline.org	1-800-273-8255; TTY: 1-800-799-4889 www.veteranscrisisline.net
National Suicide Prevention Lifeline	
1-800-273-TALK (8255) <i>(press 1 for veterans, 2 for Spanish)</i> TTY: 1-800-799-4889; Spanish: 1-888-628-9454 www.suicidepreventionlifeline.org	

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline	National Sexual Assault Hotline
1-800-4-A-CHILD (1-800-422-4453)	1-800-656-HOPE (4673)
National Domestic Violence Hotline	RAINN (Rape, Abuse & Incest National Network)
1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)	1-800-656-HOPE (4673) www.rainn.org
Mujeres Unidas	Children’s Advocacy Center of Hidalgo County
1-800-580-4879 Emergency Hotline 956-630-4878 Family Justice Center 956-664-2826 McAllen Satellite Center	956-287-9754

TREATMENT RESOURCES

Substance Abuse Treatment

Behavioral Health Solutions of South Texas	Origins Recovery Center
5510 N. Case Blvd, Pharr, TX 78577 1-800-859-3577	4405 Padre Blvd, South Padre Island, TX 78597 855-540-4673
Palmer Drug Abuse Program	A Vision For You Help Center
956-687-7714	956-720-1397
Tropical Texas Behavioral Health	
956-289-7000	

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. TheNationalCouncil.org (click on “Find a Provider”)

Mental Health Treatment

Abundant Grace Community Church	Catholic Charities
2100 S. McColl Rd. Edinburg 956-381-0622	700 N. Virgen De San Juan Blvd. San Juan 956-702-4088
Hope Family Health Center	Children’s Bereavement Center-Rio Grande Valley
2332 Jordan Rd., McAllen 956-994-3319	956-368-4065
UTRGV Counseling and Training Clinic—Edinburg	UTRGV Counseling and Training Clinic—Brownsville
2168 E. Jackson, Brownsville 956-882-7792	1201 W. University Dr., EDUC 1.270, Edinburg 956-665-5251
United Methodist Church	
Brownsville 866-212-0440 Harlingen 866-212-3367 McAllen 866-395-3241 Pharr 866-724-1402 Raymondville 866-212-6716 Weslaco 866-840-4041	Edinburg 866-840-4041 La Feria 866-212-6716 Mission 855-395-3241 Port Isabel 866-212-3367 San Benito 866-212-0440
UTRGV Psychology Clinic	DreamStar Free Online Counseling
2808 Fountain Plaza Blvd, Edinburg, TX 78539 956-665-8800	https://www.onlinecounselinggroups.net/
Valley Baptist Behavioral Center	South Texas Behavioral Health Center
956-389-4940	956-388-1300
Nuestra Clinical Del Valle	DHR Health
956-787-8915	956-632-4357
Methodist Healthcare Ministries of South Texas, Inc.	El Milagro Clinic
210-692-0234	956-213-6400

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264)

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. [TheNationalCouncil.org](https://www.thenationalcouncil.org) (click on “Find a Provider”)

CHILDREN & YOUTH RESOURCES

Emergency and Referral Services

National Runaway Safeline

1-800-621-4000

RESOURCES FOR GAY, LESBIAN, BISEXUAL, TRANSGENDER SUPPORT

GLBT National Help Center

1-888-843-4564

www.glnh.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

www.glnh.org/talkline

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

TransLife

1-877-565-8860

SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

National Domestic Violence Hotline

www.al-anon.alateen.org/local-meetings

National Domestic Violence Hotline

www.draonline.org

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)

www.na.org/meetingsearch

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com

Mental Health Information (National & Texas):

- Anxiety and Depression Association of America (www.adaa.org)
- American Academy of Child and Adolescent Psychiatry (www.aacap.org)
- American Foundation for Suicide Prevention South Texas Chapter <http://www.afsp.org/southtexas>
- National Alliance on Mental Illness (NAMI) Rio Grande Valley (www.namirgv.org)
- National Eating Disorders (www.nationaleatingdisorders.org)
- National Institute of Mental Health – Health & Education (www.nimh.nih.gov/health/topics/index.shtml)
- Substance Abuse & Mental Health Services Administration (SAMSHA) (www.samhsa.gov/disorders)
- Substance Abuse & Mental Health Services Administration (SAMSHA) (www.samhsa.gov/disorders/co-occurring)
- Hogg Foundation for Mental Health (<http://hogg.utexas.edu/>)
- Texas Suicide Prevention (<https://texassuicideprevention.org/>)
- Mental Health America (<http://www.mentalhealthamerica.net/>)
- Suicide Prevention Resource Center (<http://www.sprc.org/>)
- The National Child Trauma Stress Network (<https://www.nctsn.org/>)
- Child Welfare Mandatory Reporters of child Abuse and Neglect: www.childwelfare.gov/systemwide/laws_policies/state/index.cfm