Edinburg
956-665-2574
Brownsville
956-882-3897

Email us at
counseling@utrgv.edu

The University of Texas Rio Grande Valley
Counseling Center

Follow us on Instagram
@utrgvcounselingcenter

UTRGV Counseling Center Online Services

Tele Mental Health Counseling

Individual and couples' psychotherapy for currently enrolled UTRGV students. To set up an appointment, to request services or for more information call or email:
Email: counseling@utrgv.edu
Phone: Edinburg (956) 665-25574 or Brownsville (956) 882-3897

Groups

Current Groups for Fall 2026

On Demand and Virtrual Services

Thrive at UT

Free app designed to enhance your well-being and help you navigate the ups and downs of college life.
Thrive guides you in making small changes in your daily routine that have powerful
and long-term impact.

Thrive
Thrive at UT.

IOS Appstore

Google Play Store

TimleyCare

A platform specifically designed for college students with FREE 24/7 access to mental health and well-being services:

timelycare

Download the app or visit the site

Vaqueros Crisis Line

24/7 confidential helpline for enrolled UTRGV students experiencing an emotional crisis (suicidal thoughts, urges of harming self or others, confusion, panic, or otherwise feeling distressed).
A trained counselor will be available to provide assistance.

