



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](https://www.instagram.com/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 Spring 2026

On Demand and Virtual 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.



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:



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.

