



956-665-2574  
956-882-3897



Email us at  
COUNSELING@UTRGV.EDU



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UTRGVCOUNSELINGCENTER

# Counseling Center Online Services

## TELE MENTAL HEALTH COUNSELING

Individual & 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: 956-665-2574 or 956-882-3897

## GROUPS

### VAQUEROS: ALL IN THIS TOGETHER

A drop in group offering a virtual space for all UTRGV students to come together while staying apart. This group offers support for dealing with emotions and changes stemming from COVID-19. Group meets via ZOOM Thursdays at 2:30PM.

Zoom Meeting URL: <https://utrgv.zoom.us/j/158763667>

For more information email: MARIA.MAZARIEGOS@UTRGV.EDU.

### FLOURISHING THROUGH LIFE CHANGES

Learn to cope with everyday life and changes using cognitive behavioral therapy skills. Group meets via ZOOM Wednesdays at 3PM.

Interested in joining? Email: FELIX.MURAD@UTRGV.EDU.

### DBT Skills

Improve your ability to regulate emotions, tolerate distress, be mindful & communicate effectively with others through this group. Group meets via ZOOM Tuesdays at 3:30PM.

Interested in joining? Email: ANDREW.PEREZ02@UTRGV.EDU.

## SELF-HELP

### THRIVE AT UT

THRIVE at UT is available for free download and is filled with useful resources for mental health wellness

### THERAPIST ASSISTED ONLINE (TAO)

TAO is a self-help private online library of behavioral health resources that includes interactive educational modules and practice tools to help you understand and manage how you feel, think and act. As an enrolled UTRGV student there is no cost to you to use TAO. To sign up you will need your UTRGV student email to create a private account at the following link:

<https://thepath.taoconnect.org/loc>



### Vaqueros Crisis Line

The Vaqueros Crisis Line is a 24/7 confidential helpline for enrolled UTRGV students experiencing an emotional crisis. A trained counselor will be available on the line to provide assistance.

For questions or accommodations email: COUNSELING@UTRGV.EDU