

Campus and Community Resources

UTRGV Resources

Office for Advocacy & Violence Prevention

Phone: (956) 665-8287

Website: <https://www.utrgv.edu/oavp/>

Services:

Counseling Center

Phone: (956) 665-2574 (Edinburg) or (956) 882-3897 (Brownsville)

Website: <https://www.utrgv.edu/counseling/index.htm>

Services: Provide consultations, individual and group counseling, mental health screenings, trainings and workshops for classrooms and groups, referrals to other services, suicide prevention training, etc.

Office of Institutional Equity & Diversity

Phone: (956) 665-2453

Website: <https://www.utrgv.edu/equity/>

Services:

Student Accessibility Services

Phone: (956) 665-7005 (Edinburg) or (956) 882-7374 (Brownsville)

Website: <https://www.utrgv.edu/accessibility/index.htm>

Services: Offer services such as assistive technology (AT), volunteer notetaking, reader/scribe services, interpreting, CART (communication access real-time), alternate format for course materials, testing accommodations, etc.

Student Food Pantry

Phone: (956) 665-3663 (Edinburg) or (956) 882-7126 (Brownsville)

Website: <https://www.utrgv.edu/foodpantry/index.htm>

Services: Provides currently enrolled UTRGV students experiencing food security with food.

Student Rights and Responsibilities

Phone: (956) 665-5375 (Edinburg) or (956) 882-8292 Brownsville

Website: <https://www.utrgv.edu/srr/>

Services: Supports students in addressing issues that may act as barriers to their success, using a student-centered lens. Services include education and outreach, policy interpretation and enforcement, grievances and problem solving, bystander training, etc.

UT Health RGV Student Health

Phone: (956) 665-2511 (Edinburg) or (956) 882- 3896

Website: <https://www.utrgv.edu/health-services/index.htm>

Services: General medicine, referrals to outside providers if necessary. Physical exams, pharmacy, laboratory, immunization, women's wellness, etc.

24/7 Nurse Advice Line: (855) 810-4457

Bereavement

Children's Bereavement Center - RGV

Address: 2302 S 77 Sunshine Strip #202, Harlingen, TX

Phone: (956) 368-4065

Website: <https://cbc-rgv.org/>

Services: Offer peer support groups, individual & family counseling sessions, and grief camps for grieving children.

Compassionate Friends

Address: 301 West Expressway 83, McAllen, TX

Phone: (956) 566-2426

Website: <https://www.compassionatefriends.org/chapter/mcallen-chapter-1/>

Services: A nationwide non-profit that offers support to families who are grieving the death of a child.

Counseling

Abundant Grace Community Church – Counseling Center

Address: 2110 S. McColl Rd., Edinburg, TX

Phone: (956) 381-4394

Website: <https://agcc.tv/counseling-center>

Services: Counseling services for children, adults and families for depression, anxiety, coping skills, eating disorders, divorce, eating disorders, etc.

Bluebonnet Counseling Center

Address: 3601 West Alberta Rd., Edinburg, TX

Phone: (956) 540-7509

Website: <https://bluebonnetcounselingcenter.com/>

Services: Offers in person counseling, telehealth, psychological evaluations, etc.

Children's Advocacy Center of Hidalgo

Address: 525 W Wisconsin Rd., Edinburg, TX

Phone: (956) 287-9754

Website: <https://cachsc.org/>

Services: Offers therapy to children who are victims of abuse, forensic interviews scheduled by CPS or law enforcement agencies, sexual assault nurse exams, and victim family services.

Catholic Charities of the Rio Grande Valley

Address: 700 N. Virgen de San Juan Blvd., San Juan, TX

Phone: (956) 702-4088

Website: <https://www.catholiccharitiesrgv.org/Home.aspx>

Services: Short-term counseling services to individuals, couples and families.

The Counseling Center

Address: 1009 S. Utah Ave. Suite A, Weslaco, TX

Phone: (956) 290-8918

Website: <https://weslaco-counseling.weebly.com/>

Services: Individual, group and couples counseling, also offers presentations.

Counseling Center of South Texas

Address: 5420 S. Jackson Rd., Edinburg, TX

Phone: (956) 631-9000

Website: <https://www.ccstrgv.com/>

Services: Provides counseling services to children & adolescents, adults, couples and families.

Counseling and Training Clinic at UTRGV

Address: 1201 W. University Dr (EEDUC 1.270), Edinburg, TX

Phone: (956) 665-5251

Website: <https://www.utrgv.edu/cg/counseling-training-clinic/index.htm>

Services: Provides free services to general community. Offers growth enhancing experiences, as well as preventative and early treatment for developmental, emotional, and interpersonal difficulties.

Doctors Hospital at Renaissance Behavioral Health

Address: 5510 Raphael Dr., Edinburg, TX

Phone: (956) 362-4357

Website: <https://www.dhrhealth.com/services/behavioral-health>

Services: Provides individualized treatment options for children, adolescents, adults and seniors. Clinical assessments are offered 24/7 free of charge.

Hope Family Health Center

Address: 2332 Jordan Rd., McAllen, TX

Phone: (956) 994-3319

Website: <https://www.hopefamilyhealthcenter.org/>

Services: Provides individual, group and family counseling to improve the mental health of individuals dealing with stress, including but not limited to depression, anxiety, trauma, conflict in relationships, coping disorders and domestic violence.

Mandala Counseling & Trauma Therapy Center

Address: 1534 E 6th Suite 102, Brownsville, TX

Phone: (956) 275-3232

Website: <https://mandalacounseling.com/>

Services: Counseling services for anxiety, PTSD, depression, panic disorder, play therapy techniques, etc.

Monica's House – Children's Advocacy Centers of Cameron and Willacy Counties

Address: 1255 FM511, Brownsville, TX

Phone: (956) 986-2770

Website: <https://caccwc.org/>

Services: Education, prevention, intervention and recovery programs for child victims of abuse.

National Alliance on Mental Illness Rio Grande Valley

Address: 801 E Fern Ave, Suite 114, McAllen, TX

Phone: (956) 651-2000

Website: <https://namirgv.org/>

Services: Offers no-cost classes and support group programs for individuals affected by mental illness and their loved ones, education and trainings for schools, workplaces, faith communities and neighborhoods.

New Hope Counseling Services

Address: 2407 N 10th Suite A, McAllen, TX

Phone: (956) 686-6300

Website: <https://newhopecounselingservices.godaddysites.com/>

Services: Offers counseling services for individuals dealing with ADHD, anxiety, behavioral problems, depression, family issues, relationship issues, etc.

New Leaf Counseling

Address: 896 Ridgewood St, Brownsville, TX

Phone: (956) 224-9505

Website: <https://newleafcounselingrgv.com/>

Services: Provide individual, family and group counseling for issues such as: anxiety, ADHD, anger management, addiction, autism spectrum, bipolar disorder, codependency, depression, PTSD, trauma, etc.

New Spark Counseling

Address: 355 Palm Blvd., Brownsville, TX

Phone: (956) 410-2802

Website: <https://newsparkcounseling.com/>

Services: In-office or telehealth. Individual, couple and family counseling.

Professional Counseling Services, PLLC

Address: 3118 Center Pointe Dr., Edinburg, TX

Phone: (956) 687-8000

Website: <https://professionalcounselingservices.us/>

Services: Offer counseling services for adjustment disorders, anxiety, mood disorders, pervasive developmental disorders, autism, conduct disorder, ADHD, substance use, divorce reaction, trauma, eating disorders, behavior problems, change of life issues, etc. Other services include school presentations, family sessions to practice parenting skills, anger management skills and substance use counseling.

Professional Psychiatric Associates of RGV

Address: 101 S Salinas Blvd. Suite A, Donna, TX

Phone: (956) 377-5710

Website:

Services:

Sage Healing Counseling Services

Address: 713 E Esperanza Ave STE B, McAllen, TX

Phone: (956) 413-7005

Services: Offers counseling services for trauma, grief, addiction, anxiety, major life changes, etc.

South Texas Counseling Agency

Address: 1544 W Dove Ave., McAllen, TX

Phone: (956) 369-7997

Website: <https://sotxcounseling.com/>

Services: Offer individual, couples, and family counseling.

Therapaints Therapeutic Riding and Counseling Services

Address: 4200 N Gwin Rd., Edinburg, TX

Phone: (956) 793-8195

Services: Therapeutic riding and counseling provided by licensed instructors. Effective in dealing with ADHD, depression, anxiety, relationship issues, PTSD, etc.

Tip of Texas Family Outreach

Address: 455 E. Levee, Brownsville, TX

Phone: (956) 541-5566

Website: <https://www.totfo.org/>

Services: Counseling, home-based services for teen parents, parenting classes

Tropical Texas Behavioral Health (multiple locations)

Address: 861 Old Alice Rd., Brownsville, TX

Address: 1901 S. 24th Ave, Edinburg, TX

Address: 103 N Loop 499, Harlingen, TX

Address: 2215 W. Business 83, Weslaco, TX

Phone: (956) 289-7000

Website: <https://www.ttbh.org/>

Services: Offers mental health services for youth and adults, intellectual and developmental disability services, substance use disorder services, integrated primary care, medication-assisted treatment (MAT), veteran services, outreach, screening, assessment and referral.

Crisis Line: (877) 289-7199

Domestic Violence & Sexual Assault

Family Crisis Center

Address: 616 W Taylor Ave., Harlingen, TX

Phone: (956) 423-9304

Website: <https://www.familycrisisctr.org/>

Services: Offers a 24-hour hotline, emergency shelter, crisis intervention, hospital accompaniment, and advocacy.

24-hour Hotline: 1-866-423-9304

Friendship of Women

Address: 95 E Price Rd., Brownsville, TX

Phone: (956) 544-7412

Website: <http://www.fowinc.com/>

Services: Provides services such as emergency shelter, crisis intervention, and legal advocacy to survivors of domestic violence and sexual assault and their families. All survivor services are free and confidential.

Mujeres Unidas/ Women Together

Address: 511 N Cynthia St., McAllen, TX

Phone: (956) 630-4878

Website: <https://mujeresunidas.org/>

Services: Emergency services for victims of domestic violence, legal advocacy, supportive transitional housing, and services for survivors of sexual assault and secondary victims.

24/7 Crisis Hotline: 1-800-580-4879

Safe Haven Forensic Exam Center at Renaissance

Address: 5501 South McColl Rd., Edinburg, TX

Phone: (956) 249-6452

Services: A secure and confidential center for assault and abuse victims in the Rio Grande Valley. Services include medical and forensic exams and services to patients of abuse, confidential services and individualized care, photo documentation, suspect exams, coordination with law enforcement, legal advocacy support and counseling referral.

Food

Food Bank of the Rio Grande Valley

Address: 724 N Cage Blvd., Pharr, TX

Phone: (956) 682-8101

Website: <https://foodbankrgv.com/>

Services: Serves Cameron, Hidalgo and Willacy County. Services include emergency food distribution, nutrition education, social services, mobile food distribution and school supplies for -teachers.

Health

Access Esperanza Clinics (multiple locations)

Address: 916 E. Hackberry Ave., McAllen, TX

Address: 1201 N. Conway, Mission, TX

Address: 302 S. Veterans Blvd., Edinburg, TX

Address: 901 James St., Weslaco, TX

Phone: (956) 688-3700

Website: <https://accessclinics.org/>

Services: Offers affordable care, services include physical exams, women's and men's exams, teen services, birth control, STD testing & treatment, etc.

Valley Aids Council (multiple locations)

Address: 857 E. Washington, Suite G, Brownsville, TX

Address: 2306 Camelot Plaza Harlingen, TX

Address: 300 S, 2nd St., Suite 101, McAllen, TX

Phone: (956) 668-1155

Website: <https://www.valleyaids.org/>

Services: HIV prevention, education, testing services, medical care and supportive services for people living with HIV in the Rio Grande Valley.

Valley Association for Independent Living

Address: 3016 N McColl Rd., McAllen, TX

Phone: (956) 668-8245

Website: <http://vailrgv.org/>

Services: Non-profit organization that assists people with disabilities to live independently.

Legal

Texas Legal Services Center

Phone: (512) 477-6000

Website: <https://www.tlsc.org/>

Services: Provides legal advice, advocacy, representation, and education to underserved people across the state.

Texas Rio Grande Legal Aid

Address: 301 South Texas Avenue., Mercedes, TX

Phone: (956) 996-8752

Website: <https://www.trla.org/>

Services: Provides free legal services to low-income people facing civil legal problems, including bankruptcy and foreclosures, divorces and custody arrangements, consumer fraud, wills and estates, accessing public benefits, and litigating for civil and environmental rights.

Substance Use

Behavioral Health Solutions of South Texas

Address: 5510 N Cage Blvd., Pharr, TX

Phone: 1-800-748-3577

Website: <https://www.bhsst.org/>

Services: Recovery, intervention/treatment, and prevention programs. Range of services available for youth, adults and families in English and Spanish.

Palmer Drug Abuse Program

Address: 115 N 9th St., McAllen, TX

Phone: (956) 687-7714

Website: <http://www.pdap.com/mcallen.htm>

Services: Provides substance abuse counseling services, prevention education, state approved DWI education classes, etc.

Other

Easter Seals Rio Grande Valley (multiple locations)

Address: 1217 W Houston Ave, McAllen, TX

Address: 2422 E Tyler Ave #C, Harlingen, TX

Phone: (956) 631-9171 (McAllen) or (956) 423-9171 (Harlingen)

Website: <https://www.easterseals.com/rgv/>

Services: Early childhood intervention, pediatric outpatient rehabilitation, inclusive childcare, professional development, etc.

Hidalgo County Community Service Agency

Address: 2524 N Closner Blvd., Edinburg, TX

Phone: (956) 383-6240

Website: <https://hidalgocsa.org/>

Services: Disaster relief services, utility assistance, education services, veteran assistance, mortgage relief, etc.

Come Dream. Come Build (CDCB)

901 E. Levee St., Brownsville

956-541-4955

<https://cdcb.org/>**Community Action Corporation of South Texas**

Cameron and Willacy Counties

1822 W. Jefferson, Harlingen, Texas 78550

956-423-1100

Brownsville Community

519 E. Madison St., Brownsville, Texas 78520

956-435-0379

<https://149521661.v2.pressablecdn.com/wp-content/uploads/2022/01/CEAP-English-2022-Application.pdf>**Loaves and Fishes**

514 South E Street, Harlingen

956-423-1014

<https://lfrgv.org/how-we-help/family-emergency-assistance/>**Ozanam Center**

656 N. Minnesota, Brownsville

956-831-6331

<http://www.ozanambrownsvillecenter.org/home.html>**Good Neighbor Settlement House**

1254 E. Tyler St., Brownsville

956-542-2368

<https://www.goodneighborsettlement.org/>

Agency	Phone	Address
Family Crisis Center	Crisis Hotline: 1-866-423-9304	616 W Taylor Ave, Harlingen, TX 78550
Friendship of Women	Crisis Hotline: (956) 544-7412	95 E Price Rd, Brownsville, TX 78521
Mujeres Unidas/ Women Together	Crisis Hotline: 1-800-580-4879	511 N Cynthia St, McAllen, TX 78501
Behavioral Hospital at Renaissance	24-Hour Line: (956) 362-4357	5510 Raphael Dr, Edinburg, TX 78539
South Texas Health System Behavioral	24/7 Assessments: (956) 388-1300	2102 W Trenton Rd, Edinburg, TX 78539
Tropical Texas Behavioral Health	Crisis Hotline: (877) 289-7199 TTY: (800) 735-9289	