

# Mental Health Resources for the Rio Grande Valley and Webb County



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

Office of  
**Border**  
Public Health

# BCFS HEALTH AND HUMAN SERVICES LOWER RIO GRANDE VALLEY COMMUNITY RESOURCE GUIDE

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## **ABUNDANT GRACE COMMUNITY OUTREACH**

2110 South McColl Rd  
Edinburg, TX. 78539

[www.abundant-grace.com](http://www.abundant-grace.com)

**Main-** 956-381-0622    **Fax-** 956-381-0678

**Services-** Family counseling, marriage and pre-marital counseling, alcohol and drug counseling, and counseling of spiritual matters, sexual abuse counseling as they relate to the family. Works with **Angel Food Ministries**.

## **BUCKNER CHILDREN AND FAMILY SERVICES**

3780 N. Bentsen Palm Dr.  
Mission, TX 78574

[www.buckner.org](http://www.buckner.org)

**Main-** 956-585-4847    **Toll Free-** 1-877-234-7852    **Fax-** 956-585-4848

**Services-** Counseling services, crises intervention and skills training to eligible youth ages 0-17 and their families. Geared towards runaways, truants, misdemeanor, offenders or youth in family conflict.

## **COMMUNITY COUNSELING CENTER**

3600 North 23<sup>rd</sup>, Suite 307  
McAllen, TX 78501

**Main-** 956-687-4668    **Fax-** 956-687-5770

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**Services-** Providing mental health services to youth and their families through counseling, training, mentoring and consulting activities. Services are provided to assist youth with depression, anxiety, conduct disorder, stress, anger and issues related to family life.

### **DIOCESE OF BROWNSVILLE CATHOLIC SOCIAL SERVICES**

47 West Elizabeth  
Brownsville, TX 78520

[www.cdob.org](http://www.cdob.org)

**Main-** 956-702-4088    **Fax-** 956-785-0418

**Services-** Counseling services, emergency assistance, immigration services

### **METHODIST HEALTHCARE MINISTRIES OF SOUTH TEXAS**

**Program:** Community Counseling Program

**Note:** Call for an appointment

Robert Chapa---Upper Valley---956-655-4619  
Ruthanne Sharrow---Lower Valley---956-465-9781

[www.mhm.org](http://www.mhm.org)

**Main-** 956-583-6241    **Toll Free-** 1-800-840-4041

**Services-** Through the church-based counseling services they provide counseling services to people with no health insurance or with no counseling benefits included in their health insurance policy.

### **TROPICAL TEXAS BEHAVIORAL HEALTH**

1901 South 24<sup>th</sup> Ave  
Edinburg, TX 78539

<http://www.ttbh.org>

**Main-** 956-289-7000    **Fax-** 956-289-7254    **Toll Free-** 1-800-813-1233

**Services-** Offers outpatient services for individuals with mental disorders, mental retardation and substance abuse, and help for their families

### **VA Outpatient Clinic**

901 E. Hackberry Ave.  
McAllen, TX 78503

<https://www.va.gov/directory/guide/facility.asp?ID=662>

**Phone:** 956-618-7100    **Fax:** 956-992-9847

**Services-** Provides primary care for veterans, as well as a behavioral health, nutrition, social work, pharmacy, Women's health, radiology, laboratory, optometry, physical therapy and prosthetics services available to eligible veterans. Also operates Tele-care, a 24-hour medical advice line for veteran patients.

### **NAMI Rio Grande Valley & NAMI Texas (National Alliance on Mental Illness)**

**Phone:** 512-693-2000 ext. 0: (NAMI Information HelpLine (Local))

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**Website:** [namitexas.org/affiliates/](http://namitexas.org/affiliates/)

**Email:** [officemanager@namitexas.org](mailto:officemanager@namitexas.org)

**Local Crisis Line (RGV):** 1-877-289-7199

**National Suicide Prevention Line:** 1-800-273-TALK (8255)

**Website:** <http://www.namirgv.org/>

**Services- NAMI** Rio Grande Valley (RGV) is the local affiliate of the National Alliance on Mental Illness, an association of hundreds of local affiliates, state organizations, and volunteers who work in our communities to raise awareness and provide support and education to those in need.

We offer no-cost classes and support-group programs for people affected by mental illness and their loved ones, as well as education and training for schools, workplaces, faith communities, and neighborhoods.

## **Home and Community Based Services - Adult Mental Health (HCBS-AMH)**

**Website:** [www.hhs.texas.gov/hcbs-amh](http://www.hhs.texas.gov/hcbs-amh)

**Email:** [hcbs-amh-enrollmentandreferral@hhsc.state.tx.us](mailto:hcbs-amh-enrollmentandreferral@hhsc.state.tx.us)

Provides home and community-based services to adults with serious mental illness. Offers services in individual homes, apartments, assisted living facilities, and small community-based residences.

Individuals must be referred by a state hospital or local mental health authority.

Includes the following services:

Residential services, Psychosocial rehabilitation, Employment services (assistance and support) Minor home modifications, Home-delivered meals, Adaptive aids, Transportation services (non-duplicative of state plan medical transportation), Community psychiatric supports and treatment, Peer support, Respite care (short term), substance use disorder services, Nursing, Recovery management

## **People with Ideas of Love, Liberty, Acceptance and Respect (PILLAR)**

**Phone:** 956-723-7457

1403 N. Seymour Ave.

Laredo, Texas 78040

**Services** - Provides comprehensive behavioral health services including assessment, diagnoses, and treatment for people with behavioral health concerns, adjustment issues, substance use disorders and those struggling with co-occurring mental illness and chemical dependency conditions. Offers counseling for families in need of care or support for a loved one's mental illness; offers a variety of support groups to include women in health relationships, parenting skills, survivors of suicide, mental health and substance abuse issues.

## **Gateway Community Health Center**

**Phone:** 956-795-8100

1515 Pappas St.

Laredo, Texas 78041

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**Website:** [www.gatewaychc.com](http://www.gatewaychc.com)

**Services-** Provides counseling to assist individuals, children, families, and couples in the treatment of mental health concerns like depression, anxiety, and bereavement; other topics relationships, parenting, wellness, pain management, and work/life balanced are also explored; group counseling is also offered weekly sessions for individuals that will benefit from a group setting.

## **Border Region Behavioral Health Center (Adult Mental Health Services)**

**Phone:** 956-794-3000

1500 Pappas St.

Laredo, Texas 78041

**Website:** [www.borderregion.org](http://www.borderregion.org)

**Crisis Hotline:** 800-643-1102

**Services-** Provides an array of services to adults 18 years of age or older who suffer from schizophrenia, bipolar disorders, severe major depression or any other severely disabling mental disorders which require support and treatment.

## **Border Region Behavioral Health Center (Child, Adolescents, and Parent Services-CAPS)**

**Phone:** 956-794-3000

1500 Pappas St.

Laredo, Texas 78041

**Website:** [www.borderregion.org](http://www.borderregion.org)

**Crisis Hotline:** 800-643-1102

**Services-** Provides comprehensive services to children and adolescents ages 3 through 17 with a diagnosis of mental illness, who may exhibit an emotional, behavioral or mental disorder with a serious functional impairment.

Children, adolescents ages 3 to 17 with their parent or legal guardian, must have diagnosis of mental illness, exhibits serious emotional disturbance, behavioral problems, enrolled in school system's special education program due to emotional disturbance, at risk of disruption of a preferred living or child care environment due to psychiatric symptoms; prior in-patient psychiatric hospitalization, at risk of placement outside of the home/community, at risk of expulsion from school.

## **Laredo Veterans Outpatient Clinic**

**Phone:** 956-523-7850

4602 N. Bartlett Ave.

Laredo, Texas 78041

**Services-** Provides an outpatient clinic in the Laredo area for eligible Veterans needing primary care services, which includes laboratory, nutrition, podiatry, social work services, prescriptions processed through mail or My HealtheVet, an open access scheduling system for appointments within five to seven days of request, a wide variety of specialty care, mental health services which offers consultation,

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evaluation, and treatment for Veterans as well as to families and significant others, substance abuse, recreation therapy, post-traumatic stress disorder, tele-health, dental and ancillary care.

### **Rock Prairie Behavioral Health**

3550 Normand Drive

College Station, Texas 77845

**Phone:** 979-703-8848

**Website:** [www.RockPrairieBH.com](http://www.RockPrairieBH.com)

**Service-** Facility that helps adolescents, adults, and seniors who are suffering from emotional and behavioral health problems. Helps to stabilize and improve patient's clinical status. Works closely with referral sources, families, and community agencies to return them to their daily activities in their home and work environments.

### **Metrocare Services**

832 S. Carrier PKWY

Grand Prairie, Texas, 75051

**Phone:** 214-743-6188

**Website:** [www.metrocareservices.org](http://www.metrocareservices.org)

**Services-** Provides outpatient services to people over the age of three who have developmental disabilities and mental illness or severe behavioral challenges. There are five primary areas of service: Evaluation, Crisis Services, Outpatient Services, Behavior Services and Counseling Services.

### **North Texas State Hospital**

6515 Kemp Blvd.

Wichita Falls, Texas 76308

**Phone:** 940-692-1220

**Service-** Provides inpatient mental health treatment.

### **Wounded Warrior Project**

**Phone:** 888-997-2586

**Service-** Offers veterans and their family's free programs and services that help treat post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), combat stress, and other injuries incurred during combat.

Includes the following programs:

- [Warrior Care Network](#) - Connects to free outpatient mental health care at one of four selected medical centers
- [Combat Stress Recovery Program](#) - Provides support in dealing with military-related stress or trauma
- [WWP Talk](#) - Provides free weekly emotional support over the phone

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DreamStar Free Online Counseling:



The poster features a purple and pink night sky background with stars, clouds, and a crescent moon. At the top, the text "DreamStar Free Online Counseling" is written in white. Below this, a light pink rounded rectangle contains three bullet points, each preceded by a yellow star icon. The first bullet point is "Individual/ Couples/ Family Counseling", the second is "Online Dream Sharing Groups or Individual Dreamwork", and the third is "Services for Children ages 10+ and Adults". Below the bullet points is the URL "<https://onlinecounselinggroups.net/>". At the bottom of the poster, there is an illustration of a person sleeping in a bed with a thought bubble above them showing a person swinging on a crescent moon. To the right of the illustration is a QR code with the text "SCAN ME" above it.

**DreamStar**  
**Free Online Counseling**

- ★ Individual/ Couples/ Family Counseling
- ★ Online Dream Sharing Groups or Individual Dreamwork
- ★ Services for Children ages 10+ and Adults

<https://onlinecounselinggroups.net/>

SCAN ME