



REGION ONE EDUCATION SERVICE CENTER RESOURCE GUIDE FOR MENTAL WELLNESS



IT'S OKAY TO ASK FOR HELP.

Hotline/Crisis

National Suicide & Crisis Lifeline
Call/Text 988

National Suicide Prevention Lifeline
1-800-273-TALK
(or 8255)

**DFPS Texas Youth Helpline-
Confidential Crisis Hotline**
1-(800)-989-6884

**Border Region Behavioral
Health Center**
(Webb, Zapata, Jim Hogg,
Starr Counties)
24-Hour Crisis Hotline
1-800-643-1102

**SAMHSA National Helpline
(Substance Abuse and Mental
Health Services Administration)**
1-800-662-HELP (4357)

**Tropical Texas Mental Health &
Substance use Crisis Hotline**
1-877-289-7199

**Texas Department of Family &
Protective Services**
Report Abuse By Phone
1-800-252-5400

Veterans Crisis Line Veterans
Dial 988 then Press 1



Counseling

A New Today Counseling Services

3129 Lazy Palm Drive N.
Harlingen, TX 78552
(956) 536-8363

www.anewtodaycounseling.com

Abundant Grace Counseling Center

2110 South McColl Road
Edinburg, TX 78539
(956) 381-4394

www.agcc.tv/counseling-center

Bluebonnet Counseling Center

402 N. Jackson Rd
Edinburg, TX 78541
(956) 540-7509
www.bluebonnetcounselingcenter.com

Border Region Behavioral Health Center

1500 Pappas Street
Laredo, TX 78041
(956) 794-3000

www.borderregion.org

CCI Therapy Counseling Centers International

www.ccitherapy.com

Brownsville

908 Paredes Line Rd.
Brownsville, TX 78521
(956) 982-0082

Harlingen

1001 East Tyler Avenue
Harlingen, TX 78550
(956) 423-1194

Pharr

200 E. Expwy. 83 Ste. G
Pharr, TX 78577
(956) 394-0482

Counseling Center of South Texas

5420 S. Jackson Rd.
Edinburg, TX 78539
956-631-9000
www.ccstrgv.com

DHR Behavioral Health

5510 Raphael Dr
Edinburg, TX 78539
(956) 362-4357

www.dhrhealth.com/services/behavioral-health

El Milagro Clinic

901 Vermont Avenue E
McAllen, TX 78503
(956) 213-6400

www.milagroclinic.org

Hope Family Health Center

2332 Jordan Rd.
McAllen, TX 78503
(956) 994-3319

www.hopefamilyhealthcenter.org

McAllen Vet Center

2108 South M Street
McAllen, TX 78503
(956) 631-2147

www.va.gov/mcallen-vet-center

Methodist Healthcare Ministries of South Texas Inc. Community Counseling Services

www.mhm.org

Brownsville

(956) 465-9978

Edinburg/McAllen

(956) 665-4619

Harlingen/Port Isabel

(956) 465-9781

La Feria/San Benito

(956) 454-6606

McAllen/Mission/Penitas

(956) 655-4659

Pharr/Weslaco

(956) 432-4673

Mission Psychological Center

2504 N. Conway Ave
Mission, TX 78574
956-519-9000

www.mission-psych.com

NAMI

(National Alliance on Mental Illness) RGV

801 E Fern Avenue
McAllen, TX 78501
(956) 624-8888

Nueva Luz Foundation

221 E. Van Buren Ave., Suite 7
Harlingen, TX 78550
956-300-0196

www.nuevaluzfoundation.org

Nuestra Clinica Del Valle

611 N. Bryan Rd
Mission, TX 78572
(956) 580-3303

www.nuestraclinicadelvalle.org/locations/mission-clinic

South Texas Health System Behavioral

2102 W. Trenton Rd
Edinburg, TX 78539
(956) 388-1300

southtexashealthsystembehavioral.com

Su Clinica Familiar

www.suclinica.org/locations

Brownsville

105 East Alton Gloor
Brownsville, TX 78526
(956) 831-8338

Harlingen

1706 Treasure Hills Blvd
Harlingen, TX 78550
(956) 365-6000

Raymondville

131 FM 3168
Raymondville, TX 78580
(956) 689-2196

The Groves Assessment and Psychotherapy

807 Quince Ave
McAllen, TX 78501
(956) 800-5679

www.thegrovespsych.com

Tropical Texas Behavioral Health

1-800-813-1233 (Hotline)

www.ttbh.org

Brownsville

861 Old Alice Rd.
Brownsville, TX 78520
(956) 547-5400

Edinburg

1901 S. 24th Avenue
Edinburg, TX 78539
(956) 289-7000

Harlingen

103 N Loop 499
Harlingen, TX 78550
(956) 364-6500

Weslaco

2215 W. Business 83
Weslaco, TX 78596
(956) 968-8551

UTRGV Counseling & Training Clinic

www.utrgv.edu/counseling/services/mental-health-counseling/index.htm

Brownsville

2168 E. Jackson
Brownsville, TX 78520
(956) 882-7792

Edinburg

1201 W. University Dr.
EEDUC 1.270
Edinburg, TX 78539
(956) 665-5251

UTRGV Psychology Clinic

2808 W. Fountain Plaza Blvd.
Edinburg, TX 78539
(956) 665-8800
www.utrgv.edu/psychology-clinic

Valley Baptist Behavioral Health

2121 Pease St
Harlingen, TX 78550
(956) 389-6578
www.valleybaptist.net/services/psychiatry

Valley Baptist Behavioral Health Facility

1 Ted Hunt Blvd.
Brownsville, TX
(956) 698-4700



Substance Abuse

A Vision for You Help Center

2220 N 27th Street
McAllen, TX 78501
(956) 720-1397
www.avisionforyouhc.com/wp

Alcoholics Anonymous

<https://Aargvdist10.org>
1-(800)-930-3215

Behavioral Health Solutions of South Texas-Pharr

5510 N Cage Blvd.
Pharr, TX 78577
1-800-748-3577
www.bhsst.org

Mesquite Treatment Center, LLC

2300 W. Exp 83
La Feria, TX 78559
(956) 428-2170
www.mtcrgv.com

Narcotics Anonymous

www.rgvareaofna.org/home.html
(956) 949-1900

Palmer Drug Abuse Program

115 N. 9th Street
McAllen, TX 78501
(956) 687-7714
www.pdap.com/pdap.html

Rio Grande Valley Council of Alcohol & Drug Abuse

5510 North Cage Blvd.
Pharr, TX 78577
(956) 787-7111
1-(866)-720-3784
(956) 821-3046
www.drug-rehab-headquarters.com/texas/facility/rio-grande-valley-council-inc-pharr

SCAN, Inc

1605 Saldana Ave.
Laredo, TX 78041
(956) 724-3177



Grief Counseling

Children's Bereavement Center of South Texas

2302 S. 77 Sunshine Strip Ste 202
Harlingen, TX 78550
(956) 368-4065
www.cbc-rgv.org

The Compassionate Friends

www.compassionatefriends.org

McAllen

301 West Expressway 83
McAllen, TX 78503
(956) 566-2426

Harlingen

2110 Benwood Street
Harlingen, TX 78550
(956) 566-2426



Education

Region One Education Service Center

1900 W. Schunior
Edinburg, TX 78541
(956) 984-6000
www.esc1.net



Support Services

2-1-1

Texas Connecting People and Services

www.211texas.org

Angels of Love

(empowerment classes and support services for victims of domestic violence)

409 W Nolana Ave
McAllen, TX 78504
956) 972-0685

www.angelsloveoflove.com

Avance

(creates pathways to economic mobility)

www.avance.org/locations/rgv

Hidalgo County

811 Bowie Ave
Alamo, TX 78516
(956) 354-2130

Starr County

213 W. 2nd St
Rio Grande City, TX 78582
(956) 352-6633

Zapata County

708 Delmar St.
Zapata, TX 78076
(956) 476-4051

CASA (Court Appointed Special Advocates)

1001 S. 10th St.
Edinburg, TX 78539
(956) 381-0346

www.casaofhidalgo.com/contact

Children's Advocacy Center of Hidalgo and Starr Counties

(support services for child victims of maltreatment, loss of a child, child endangerment, neglect, or risk of abuse)

525 W Wisconsin Rd
Edinburg, TX 78539
(956) 287-9754

Easter Seals Rio Grande Valley

(family focused and innovative services in medical rehabilitation, employment & training, children's services, adult & senior services, camping & recreation)

www.easterseals.com/rgv

McAllen

1217 Houston
McAllen, TX 78501
(956) 631-9171

Harlingen

2422-C E. Tyler Ave.
Harlingen, TX 78550
(956) 423-9171

Family Crisis Center

(a domestic violence and rape crisis center that provides services to victims and their families)

616 W. Taylor St.
Harlingen, TX 78550
(956) 423-9304

www.familycrisisctr.org

Friendship of Women

95 E. Price Road, Bldg. C
Brownsville, TX 78521
(956) 544-7412

www.fowinc.com

Mujeres Unidas

(Family Justice Center)

511 N. Cynthia
McAllen, TX 78501
(956) 630-4878

www.mujeresunidas.org/family-justice-center

Region One Early Childhood Intervention (ECI)

(serves children from birth to 3 years of age who have physical disabilities and developmental delays with access to therapies and resources)

www.esc1.net

Edinburg

1900 W. Schunior
Edinburg, TX 78541
(956) 984-6000

Brownsville

(956) 504-9422

Valley AIDS Council

www.valleyaids.org

Brownsville

857 E. Washington Suite G
Brownsville, TX 78520
956-541-2600

Harlingen

2306 Camelot Plaza
Harlingen, TX 78550
956-428-2653

McAllen

300 S. 2nd Street Suite 101
McAllen, TX 78501
956-668-1155

United States Department of Veterans Affairs

1 (800) -827-1000



Region One Building Mental Health Leaders Project!



Region One Education Service Center
1900 W. Schunior Street
Edinburg, TX 78541
www.esc1.net. (956) 984-6000

DISCLAIMER:

This guide is not a complete list of every resource available. If a resource is not listed, it does not mean that the resource does not exist or is not important. Reference to any specific commercial product, process or service by trade names, trademark, manufacturer, or otherwise does not imply an endorsement, recommendation or favoring by Region One ESC. The material provided in this publication is provided for public informational purposes only.

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