



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

Region One Education Service Center
Jessica F. Viacobo, Lead for School Health and Counseling
1900 W. Schunior St.
Edinburg, TX 78541
www.esc1.net 956-984-6015



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.rgvareafna.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.org

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:

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