



RESOURCE GUIDE **for** mental wellness

Message from Hidalgo County Judge

Welcome to Volume 5 of the Resource Guide for Mental Wellness!

We are proud to bring you the newest edition of this vital resource, thoughtfully created to empower our community with tools, information, and support for mental health and well-being. With continued collaboration and insight from our dedicated Hidalgo County Mental Health Coalition, this guide is designed to help you confidently navigate mental-wellness challenges and access the care and resources you deserve.

Like sunflowers turning toward the light and bees working together in harmony, this guide reflects the strength, resilience, and connection that help our community grow and thrive.

As we move forward together, we remain committed to fostering a stronger, more compassionate and connected community, one where hope and healing are always within reach.

Hey, let's talk hope, RGV! Stay informed and engaged with the Hidalgo County Mental Health Initiative by visiting our website at www.hidalgocounty.us/hcmhc and following our social media platforms @JudgeCortez.

Let's keep the conversation going, because ***your mental-wellness matters.***

With much gratitude,

Richard F. Cortez

Richard F. Cortez, Hidalgo County Judge



#MentalHealthMatters

it's okay to bee still

In this issue:

COUNSELING | EDUCATION | HOSPITALS | SUPPORT SERVICES
GRIEF COUNSELING | SUBSTANCE ABUSE | HELPLINE | CRISIS

DISCLAIMER:

This guide is not a complete list of every resource in the county. If a resource is not listed, it does not mean that the resource does not exist or is not important. Reference herein to any specific commercial products, process or service by trade name, trademark, manufacturer or otherwise does not necessarily constitute or imply its endorsement, recommendation, or favoring by Hidalgo County Judge's Office. The material provided in this publication is presented in summary form, is general in nature and is provided for public informational purposes only.

COUNSELING

El Milagro Clinic

- Behavioral health services and counseling
 - Transportation provided if needed for appointments
- (956) 213-6400
milagroclinic.org



@elmilagroclinic_



El Milagro Clinic

The Groves Assessment and Psychotherapy

- Pediatric therapy, family therapy, psychotherapy and group therapy
 - Diagnostics for mental health disorders
 - Specialization in first responder services
- (956) 800-5679
thegrovespsych.com



@thegrovespsych



The Groves Assessment and Psychotherapy

Hope Family Health Center

- Trauma, complicated grief and bereavement therapy
 - Peer support services
- (956) 994-3319
hopefamilyhealthcenter.org



@hopefamilyhealthcenter



Hope Family Health Center

McAllen Vet Center

- Mental health counseling for veteran, spouse and dependents (provide DD214)
- (956) 631-2147
va.gov/mcallen-vet-center

Methodist Healthcare Ministries of South Texas

- Mental health counseling for low income and uninsured individuals
- (956) 655-4619
mhm.org



@mhmstx



Methodist Health Care Ministries

EDUCATION

COLLEGE COUNSELING

For Enrolled College Students Only

South Texas College Counseling and Student Accessibility Services

- Mental health counseling for registered students
 - Assistance with accessibility services or accommodations in the classroom
- (956) 872-2173
studentservices.southtexascollege.edu/counseling

UTRGV Counseling Center

- Offers different counseling services based on (registered) students' needs
- (956) 665-2574
utrgv.edu/counseling

*from tiny seeds
and busy bees,
great things grow*

Mujeres Unidas

- Trauma-informed counseling for victims of domestic violence and sexual assault. 24-hr crisis intervention hotline, confidential services, support services, emergency shelter, and transitional housing
- (956) 630-4878
mujeresunidas.org

Nuestra Clinica Del Valle

- Behavioral health services and counseling
- (956) 787-0787, press 5
nuestraclinicadelvalle.org

Nueva Luz Foundation

- Trauma and PTSD counseling, with specialized services for veterans, crime victims, and first responders
- (956) 351-5653
nuevaluzfoundation.org



@nuevaluzfoundation



Nueva Luz Foundation

Tropical Texas Behavioral Health

- Trauma and PTSD counseling to the public, with mental health counseling and substance use recovery
- (956) 289-7000
ttbh.org



@tropicaltexasbh



Tropical Texas Behavioral Health

HOSPITALS

DHR Health Behavioral Hospital

- Psychiatric services, substance abuse counseling and other mental wellness support services
 - Inpatient child, adolescent, adult and geriatric behavioral health services
- (956) 362-4357

dhrhealth.com/services/behavioral-health



@dhrhealth



DHR Health

South Texas Health System Behavioral

- Comprehensive and confidential mental health inpatient treatment
 - ICP - Advanced Critical Care Unit
 - 24/7 Mental health assessments
- (956) 388-1300

southtexashealthsystembehavioral.com



South Texas Health System Behavioral



@stxhealthsystem

Texas A&M AgriLife Extension Service

- Community and mental health education
 - Mindfulness classes
- (956) 383-1026
hidalgo.agrilife.org



Hidalgo AgriLife Extension

Shrink Box

- A guide/tool to provide education on seeking mental health treatment
- shrinkbox.org



shrinkbox



Shrink Box

SUPPORT SERVICES

Angels of Love

- Empowerment classes and support services for victims of domestic violence

(956) 972-0685
angelslove.love



@angelslove_rgv



Angels of Love RGV

Children's Advocacy Center of Hidalgo and Starr Counties



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
 - Support services for adults with substantial impairment
- (956) 287-9754
cachsc.org

Connection Center RGV

- Peer-to-peer support- with state certified peers.
- (956) 539-7638, (956) 515-0747
myconnectioncenter.org

Easterseals Rio Grande Valley

- Parenting sessions that focus on parent/child engagement, health, safety and counseling
- Family resource center that offers counseling, parenting workshops, resource navigation and access to basic needs

(956) 631-9171
www.easterseals-rgv.org



Easterseals Rio Grande Valley



Easterseals Rio Grande Valley

Gracious Hearts

- Offers peer-to-peer support groups, clothing and safety planning assistance to women and children affected by domestic violence, human trafficking and sexual assault

Call: (956) 685-4070

graciousheartsgv.org



Gracious Hearts

Hidalgo County

District Attorney's Office (Mental Health Unit)

- Helps those who have loved ones who get tangled in the legal system due to a decline in their mental health
- (956) 292-7613
hidalgocountyda.com

*stand tall
soak up the good
shine bright*

NAMI South Texas Rio Grande Valley

- Offers free confidential and safe support groups for persons with mental health conditions
- namitexas.org/nami-texas-of-south-texas-rio-grande-valley



namisouthtexasriograndevalley



NAMI South Texas Rio Grande Valley

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Provides resources and information related to mental health
- (800) 662-4357
samhsa.gov

*let
yourself
bloom*

SUBSTANCE ABUSE

Alcoholics Anonymous

- Group support for recovering alcoholics and for those who desire to stop drinking

(800) 930-3215

aargvdist10.org

Palmer Drug Abuse Program

- Substance abuse support meetings
- Outpatient adolescent and adult substance abuse therapy

@DrugPalmer



Palmer Drug Abuse Program-McAllen

(956) 687-7714

pdapmcallen.org



palmerdrugabuseprogram_mcallen

Step One Service

- Inpatient, hospital-based, three-to-five-day acute withdrawal management service for adults who require medical management of withdrawal symptoms from alcohol or opioids

(956) 224-9240

steponeservice.com/mission-regional-medical-center



Step One Service
Mission Regional Medical Center

GRIEF COUNSELING

Children's Bereavement Center RGV

- Bereavement-focused therapy and support for children, adolescents, young adults and their families
- Peer support groups, parent consultations, grief camps and grief institute training

(956) 368-4065

cbc-rgv.org



cbc_rgv



Healing.RGV

Compassionate Friends

- Peer-to-peer counseling for those who have lost a child, grandchild, or sibling
- (877) 969-0010

compassionatefriends.org



thecompassionatefriends



tcf



Disaster Distress Hotline

- Assist persons dealing with distress or mental health support when affected by disasters

Call or Text: (800) 985-5990
disasterdistress.samhsa.gov



samhsagov



samhsa @samhsagov

HELPLINE

Empower Work

- Get help with work-related issues. Talk to a trained peer counselor. From bad bosses to work stress, and bullying to getting fired
- Text: (510) 674-1414
empowerwork.org



Empower_Work



Empower Work

National Alliance on Mental Illness (NAMI) Helpline

- Provide resources for those in need of mental health services
- Call: (800) 950-6264
Press 1: General Helpline
Press 3: Teen Helpline
TEXT "Friend" to 62640
nami.org/help

be the sunshine in someone's cloudy day

National Maternal Mental Health Hotline

- 24/7 mental health support for moms and their families before, during, and after pregnancy
- Call or Text (833) 852-6262
mchb.hrsa.gov



HRSAGov



HRSAGov @HRSAGov

WHEN IN DOUBT, CALL 9-1-1



CRISIS

AgriStress Helpline

- Crisis support for individuals experiencing difficulty regarding agricultural issues
- agrisafe.org/agriStress-helpline
(833) 897-2474



AgriStressResponse

Crisis Text Line

- 24/7 Whatsapp, chat online, text crisis needs

Crisistextline.org

741741 text "HOME"



Crisistextline @Crisistextline

National Suicide Prevention Line

- Suicide prevention safety plan support
- Call or Text: 988
Veterans Press 1
988lifeline.org



988lifeline



988lifeline



@988Lifeline

Texas Youth Hotline

- Confidential services for youth and families in crisis
- Call or Text: (800) 989-6884
texasyouthhelpline.org

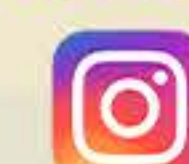
The Trevor Project

(866) 488-7386

678678 text "Start"

24/7 Crisis Line

thetrevorproject.org



TrevorProject



The Trevor Project @TrevorProject

Tropical Texas Mental Health & Substance Abuse Crisis Hotline

- Adult and children mental health services
 - Substance use disorder outpatient program
- (877) 289-7199
ttbh.org



TropicalTexasBH



TropicalTexasBH

*rooted in strength,
reaching for light*

HIDALGO COUNTY MENTAL HEALTH COALITION

grow through what you go through



Through important community partnerships, our coalition is building a path to create and sustain a shift in our culture, promoting mental well-being and destigmatizing mental-health care. Our coalition consists of organizations and individuals committed to compiling resources, data and educational materials for the public and providing support, compassion and hope to those living with mental-health conditions.



MENTAL HEALTH COALITION
Office of Hidalgo County
Judge Richard F. Cortez