



REGION ONE EDUCATION SERVICE CENTER RESOURCE GUIDE FOR MENTAL WELLNESS

Volume 2



IT'S OKAY TO ASK FOR HELP.

Hotline/Crisis

National Suicide & Crisis Lifeline

Call or Text 988
<https://988lifeline.org/>

Trevor Project

Text START to 678-678
<https://www.thetrevorproject.org/>

DFPS Texas Youth Helpline-

Confidential Crisis Hotline
1-800-989-6884

<https://www.dfps.texas.gov/youth-helpline>

Border Region Behavioral Health Center

(Webb, Zapata, Jim Hogg, Starr Counties)

24-Hour Crisis Hotline 1-800-643-1102
<https://www.borderregion.org/>

SAMHSA National Helpline

(Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)
<https://www.samhsa.gov/>

Tropical Texas Mental Health & Substance use Crisis Hotline

1-877-289-7199
<https://www.ttbh.org/>

Texas Department of Family & Protective Services

Report Abuse By Phone
1-800-252-5400

<https://www.dfps.texas.gov/>

Veterans Crisis Line Veterans

Dial 988 then Press 1
or Text 838255



Scan QR Code for guided Breathing Technique

Region One Education Service Center
Department of Counseling & Mental Health
1900 W. Schunior St.
Edinburg, TX 78541
956-984-6201



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/(956) 382-5955
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) 423-1194/423-2000

Pharr

200 E. Expwy. 83 Ste. G
Pharr, TX 78577
(956) 200-5000/832-9073

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
Counseling & Psychiatry
(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
Weslaco Location:
522 S. Texas Blvd. Ste. 108-A
(956) 903-1149
1-844-755- HOPE (4673)
Peer Support Warmline
www.hopefamilyhealthcenter.org

McAllen Vet Center

2108 South M Street
MedPoint Plaza, Unit 2
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

Nueva Luz Foundation

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

902 S. Airport Dr. Ste. 7
Weslaco, TX 78596
(956) 351-5653
(956) 733-2076

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

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

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

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) 389-4941

www.valleybaptist.net/services/psychiatry

Supreme Counseling PLLC

219 W. Hidalgo Ave.
Raymondville, TX 78580
(956) 245-8161
counselorrosie@outlook.com



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

(956) 787-7111
www.bhsst.org

Mesquite Treatment Center, LLC

17697 ABD Rd.
Harlingen, TX 78551

(956) 428-2100

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
<https://www.scan-inc.org/>



Grief Counseling

Children's Bereavement Center of South Texas

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

104 S. 12th Street
McAllen, TX 78501
(956) 368-4065

<https://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

<https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

Education

Region One

Education Service Center

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

<https://www.esc1.net/>



Support Services

2-1-1

Texas Connecting People and Services

<https://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

<https://casaofhidalgo.com/contact>

Vocational Association for Independent Living (VAIL)

3012 N. McColl Rd.
McAllen, TX 78501
(956) 668-8245

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
<https://cachsc.org/>

Easter Seals Rio Grande Valley

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

<https://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
1-866-423-9304
<https://www.familycrisisctr.org>

Friendship of Women

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

<https://www.esc1.net/Domain/49>

Edinburg

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

Brownsville

405 E. Levee
Brownsville, TX 78520
(956) 504-9422

Valley AIDS Council

<https://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

Meaningful Instruction (M.I. Academy)

1618 Rio Hondo Rd.
Harlingen, TX 78550
(956) 357-0880

Buckner Rio Grande Valley

(956) 519-3100

<https://www.buckner.org/rio-grande-valley/>

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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