

Rio Grande Valley Community Resources

This list includes mental health related services that are low-cost or free. Other community resources may be found through the Yellow Pages, Internet, or calling 211.

If you have medical insurance and would like to seek counseling services through your insurance, call the number listed on the back of your insurance card and ask for a list of mental health providers in your area.

Upper Valley - Free Services

Abundant Grace Community Church Counseling Center
2110 S. McColl Rd., Edinburg, Texas (956) 381-4394
Offers: Individual, Couples, and Crisis Counseling

BT Church, Pastor Ron Smith
2001 Trenton Rd., McAllen, Texas (956) 686-5296
Offers: Individual, Couples, and Group Counseling

Children's Advocacy Center of Hidalgo
525 W. Wisconsin Rd., Edinburg, Texas (956) 305-7272
Offers: Counseling for children that have experienced trauma

Mujeres Unidas
511 N. Cynthia, McAllen, Texas (956) 630-4878
111 E. 5th Street Weslaco, Texas (956) 854-4369
Offers: Free and Confidential Counseling services to survivors of domestic and sexual abuse (other services offered as well)

NAMI RGV
801 Fern Ave., Ste. 114, McAllen, Texas (956) 624-4960
Offers: Classes and support groups for people affected by mental illness and their loved ones

UTRGV Counseling and Training Clinic
1201 W. University Dr., Edinburg, Texas
EEDUC 1.270 (956) 665-2574
Offers: Individual, Couples, and Group Counseling

Upper Valley - Low-Cost Services

Behavioral Health Solutions of South Texas
5510 N. Cage Blvd., Pharr, Texas 1-800-748-3577
Offers: Substance abuse services, outpatient treatment, brief motivational counseling, and screening, assessments, and referral for inpatient treatment.

Catholic Charities of the Rio Grande Valley
700 N. Virgen de San Juan Blvd., San Juan, Texas (956) 702-4088
<https://www.catholiccharitiesrgv.org/Home.aspx>
Offers: Counseling among other services

Hope Family Health Center
2332 Jordan Rd., McAllen, Texas (956) 994-3319
Offers: Low-Cost Counseling and Medical Care (Bilingual)

Methodist Healthcare Ministries
209 E. Doherty, Mission, Texas (956) 440-1686
Offers: Non-faith based mental health counseling services on a sliding-scale fee.

South Texas Equality Project
<https://www.facebook.com/STEP.RGV/> (956) 507-4805
Offers: LGBTQ+ Resources

Tropical Texas Behavioral Center
1901 S. 24th Avenue, Edinburg, Texas (956) 289-7000
2215 W Business 83, Weslaco, Texas (956) 520-8800
Or 24-Hour Crisis Hotline: 1-877-289-7199
Offers: Inpatient and outpatient services for individuals with mental disorders, mental disabilities, and substance abuse problems

Lower Valley - Free Services

Children's Bereavement Center
2302 S. 77 Sunshine Strip, Ste. 202, Harlingen, Texas
<https://cbcst.org/rio-grande-valley/>
Offers: Peer Grief Support Groups for children and young adults between the ages of 3-24;
Individual or Group Counseling for experiencing/anticipating a death.
(956) 368-4065

Family Crisis Center
616 W. Taylor, Harlingen, Texas (956) 423-9305; (956) 423-9306
<https://www.familycrisisctr.org/contact/>
Offers: Support services for victims of domestic violence and sexual assault

Friendship of Women
95 E. Price Road, Bldg. C, Brownsville, Texas (956) 544-7412
<http://www.fowinc.com/programs--services.html>
Programs/services: Provides support services for victims of domestic violence and sexual assault

NAMI RGV
35 Orange St., Brownsville, Texas (956) 624-4960 or email namirgv@gmail.com
<http://www.namirgv.org/>
Offers: Classes and support groups for people affected by mental illness and their loved ones.

UTRGV Counseling and Training Clinic
2168 E. Jackson, Brownsville, Texas (956) 882-7792
Offers: Individual, Couples, and Group Counseling

Lower Valley - Low-Cost Resources

Catholic Charities of the Rio Grande Valley
955 W. Price Rd., Brownsville, Texas (956) 541-0220 Website:
<https://www.catholiccharitiesrgv.org/Home.aspx>
Offers: Provides Emergency Assistance, Temporary Shelter, Medical Consultation,
Transportation & Prescriptions, Funeral assistance, Aid for Fire Loss, Over-the-Counter,
Medication & Durable, Medical Equipment (OTC & DME), Food & Clothing, Food Program,
Sharing Baskets, Counseling, Disaster Response, Homelessness prevention, Immigration
services, Jail Ministry, Crisis Pregnancy Center, Military Family Relief Fund

Mesquite Treatment Center, LLC
513 E Jackson Ave., Harlingen, Texas (956) 428-2100
Offers: Provides counseling to adolescents on drug and alcohol use.

Tropical Texas Behavioral Health
103 N Loop 499, Harlingen, Texas (956) 364-6500
861 Old Alice Rd., Brownsville, Texas (956) 547-5400
Or 24-Hour Crisis Hotline: 1-877-289-7199
Offers: Inpatient and outpatient services for individuals with mental disorders, mental
disabilities, and substance abuse problems

United Methodist Church
Locations All Over RGV <http://www.mhm.org/>
Programs/Services: Non-faith based mental health counseling services on a sliding-scale fee.

Brownsville First UMC 866-212-0440
Edinburg First UMC 3707 W. University, Edinburg 866-840-4041
Harlingen First UMC 866-212-3367
La Feria La Feria UMC 866-212-6716
McAllen El Divino Redentor UMC 2421 Maple, McAllen 866-395-3241
Mission El Mesias UMC 866-395-3241
Pharr Migrant Health Promotion ARISE-Las Milpas 866-724-1402
Pharr UMC 866-724-1402
Port Isabel First UMC 866-212-3367
Raymondville First UMC 866-212-6716
San Benito First UMC 866-212-0440
Weslaco First UMC 866-840-4041

UMC=United Methodist Church*counselors co-locate services between all locations

Online Services - Free

DreamStar Counseling

Offers: Individual, Couples, and Group Counseling

<https://onlinecounselinggroups.net>

El Retiro Webpage

Offers: Group Counseling on EventBrite

elretiro.online

Alcoholics Anonymous

888-880-9718

For a list of AA Meetings in the Lower Rio Grande Valley, visit <https://aadistrict27.org/>

For a list of AA Meetings in the Upper Rio Grande Valley, visit <https://aargvdist10.org/>.

Hotlines

Adult Protective Services 1-800-252-5400 TTY: 800-735-2989

Provides programs for sharing information, solving problems, and improving the quality of services for Statewide victims of elder and vulnerable adult mistreatment.

National Sexual Assault Hotline 1-800-656-4673

Provides safe and confidential services for survivors of sexual assault.

National Domestic Violence Hotline 1-800-799-7233

Provides free confidential services for survivors of domestic violence.

Crisis Text Line Text HOME to 741741

Provides a live trained Crisis Counselor and responds, all from a secure online platform.

National Suicide Prevention Hotline 1-800-273-8255

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Lesbian, Gay, Bisexual, and Transgender National Hotline 1-888-843-4564

Provides telephone, online private one-to-one chat, and email peer-support, as well as information and local resources for cities and towns across the United States. All services are free and confidential.

*****In the event of an EMERGENCY, please dial 911 *****

Referral List (Lower Rio Grande Valley)

Marianela Caballero, Licensed Professional Counselor, M.Ed., LPC

(956) 459-5776

2905 Central Blvd. Suite C, Brownsville, Texas 78520

Accepts: Aetna, Alliance, Anthem, Blue Cross, Blue Shield, CHIP | Children's Program,

Cenpatico, GEHA, Magellan, Medicaid, Molina, Optum, TML, UnitedHealthcare

Specialties: Child or Adolescent, Women's Issues

Colón Counseling, PLLC Licensed Professional Counselor, MA, LPC, NCC

(956) 287-3549

1454 Paredes Line Road, Suite C, Brownsville, Texas

Accepts: BCBS, TML, UnitedHealthcare, UMR, Optum, Aetna

Specialties: Adult population, mental health issues (depression, anxiety, mood disorders), relationship issues, trauma, EMDR

Dee Danielson, M.Ed, LPC, RPT Licensed Professional Counselor, Registered Play Therapist

(956) 982-2466, Fax: (956) 982-2546

2414 E. Price Road, Suite A-104, Brownsville, Texas

Accepts: TMHP, Superior, Ambetter, Driscoll, Molina, BCBS, and private pay

Accepts new referrals for children ages 3yrs - 11 yrs

Cheryl Gates Spear, LPC, LLC

(956) 571 8521, Fax: (956) 554 9922

clgspear@yahoo.com

www.speartherapy.com

523 E. St.Charles St., Brownsville, Texas

Accepts: Aetna, Alliance, Ambetter, BCBS, Beacon Health, CHIP, Cigna, ComPsych, Humana, all Medicaid, Optum/United Healthcare

Specialties: Anger Management, LBGTQ, Christian counseling, adults and adolescents, Parenting Skills, Serious Mental Illnesses

Anna D. Gomez, Licensed Professional Counselor, LPC, RPT-S

(956) 284-6604

Ebony Center, 2905 Central Blvd. Suite C, Brownsville, Texas

Accepts: Aetna, Alliance, Ambetter, American Behavioral, Beacon, BlueCross and BlueShield, CHIP | Children's Program, CHIPA, Cenpatico, Cigna, ComPsych, Coventry, First Choice

Health, First Health, GEHA, Humana, MHNet Behavioral Health, Magellan, Medicaid, Molina, MultiPlan, Optum, Superior HealthPlan, TriWest, UMR, UnitedHealthcare

Specialties: Impulse Control Disorders, Mood Disorders, Anxiety, Grief, Depression, Trauma, PTSD

Kendra C. Robertson, Clinical Social Work/Therapist, PhD, LCSW-S, RYT
(956) 446-0959
info@drkendraroberson.net
www.drkendraroberson.net
Psychotherapy + Plus, Brownsville, Texas
Specialties: Trauma and PTSD, Anxiety, Depression, African-American and Other Racial or
Ethnic Background, Dissociative Disorders, Mood Disorders, Queer Allied

Keely Rodriguez, Mandala Counseling Group
(956) 275-3232
keely@mandalacounseling.com
mandalacounseling.com
Wildflower Plaza 30 Providencia Ct., Brownsville, Texas
Accepts: Blue Cross Blue Shield, United Healthcare, Cigna, UMR, Optum Insurance, Aetna,
Compsych
Specialties: Men, Women, Anxiety/Depression, PTSD, Trauma Recovery-EMDR
Weekends: 3 Appointments on Saturdays

Vanessa Villarreal, Licensed Professional Counselor, M.Ed., LPC, NCC, EMDR
(956) 435-7118
Vitality Counseling, 700 East Levee St. Suite 206, Brownsville, Texas
Accepts: BlueCross and BlueShield, Magellan, Optum, UnitedHealthcare, Out of
Network
Specialties: Trauma and PTSD, Relationship Issues, Dual Diagnosis

Other Helpful Resources

Food Bank of the Rio Grande Valley

724 N. Cage Blvd., Pharr, Texas (956) 682-8101

Programs: Provides food, servicing the Hidalgo, Willacy, and Cameron counties.

Harlingen Neighborhood Food Pantry

801 E. Harrison, Harlingen, Texas (956) 428-2972

<https://harlingenneighborhoodfoodpantry.org/>

Programs/services: Provides food, clothing, and housewares for those with low income and baby supplies to mothers

Loaves of Fishes

514 South E St., Harlingen, Texas (956) 423-1014

<https://lfrgv.org/>

Programs/services: Loaves and Fishes is a full-service shelter. The ultimate goal of our shelter operation is to provide Cameron/Willacy you with an individual experience of human dignity.

Planned Parenthood

870 E. Alton Gloor Blvd., Brownsville, Texas (956) 546-4571

712 N 77 Sunshine Strip, Ste. 18, Harlingen, Texas (956) 423-8584

<https://www.plannedparenthood.org/health-center/texas>

Programs/services: Services Offered: Abortion Referrals, Birth Control, General Health Care, HIV Testing, LGBTQ Services, Men's Health Care, Morning-After Pill (Emergency Contraception), Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Women's Health Care. Learn more about what services are offered, what to expect, and pricing information.

Texas RioGrande Legal Aid (TRLA)

1206 E. Van Buren St., Brownsville, Texas (956) 982-5540

316 South Closner Blvd., Edinburg, Texas (956) 393-6200

308 E. Harrison Ave., Harlingen, Texas (956) 364-3800

301 S. Texas, Mercedes, Texas (956) 447-4800

310 E. Mirasoles St., Rio Grande City, Texas (956) 271-0712

<https://www.trla.org/offices>

Programs/services: Provides free legal services to low income people facing civil legal problems

Valley Aids Council

857 E. Washington, Suite G, Brownsville, Texas (956) 541-2600

2306 Camelot Plaza, Harlingen, Texas (956) 428-2653

300 S. 2nd St., Suite 101, McAllen, Texas (956) 668-1155

<https://www.valleyaids.org/>

Programs/ services: Provides Trans Care, PrEP 101 (Pre-exposure Prophylaxis, HIV and sexually transmitted infections care, and women's health clinic and testing confidential services.