



UTRGV Counseling Center

Provides free and confidential counseling services to address mental health concerns and to promote personal growth for currently enrolled UTRGV students.

 utrgv.edu/counseling/

 **Brownsville: 956-882-3897**
Edinburg: 956-665-2574

 counseling@utrgv.edu

Vaqueros Crisis Line

24/7 confidential* helpline for enrolled UTRGV students experiencing an emotional crisis that may include suicidal thinking, thoughts of harming self or other, confusion, panic, or otherwise feeling distressed. A trained counselor will be available on the line to provide assistance.

 utrgv.edu/counseling/vaqueros-crisis-line

 **956-665-5555**

CRISIS SERVICES

National Sexual Assault Hotline

Provides safe and confidential services for survivors of sexual assault.

 **1-800-656-4673**

National Domestic Violence Hotline

Provides free confidential services for survivors of domestic violence.

 **1-800-799-7233**

Crisis Text Line

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

 Text **HOME** to **741741**

Lesbian, Gay, Bisexual, and Transgender National Hotline

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.

 **1-888-843-4564**



The Trevor Project

The Trevor Project is a national organization providing **crisis intervention and suicide prevention** services to lesbian, gay, transgender, bisexual, queer, and questioning (LGBTQ) young people.



thetrevorproject.org



24-hour Help Line: **866-488-7386**

Suicide Hotline/Talk Line

Provides suicide prevention and assessment to individuals in crisis.



mytahome.com/mobile-crisis



Suicide Hotline/Talk Line:
1-800-273-TALK (8255)

National Alliance for Mental Illness (NAMI) Rio Grande Valley

Provides support, education, self-help, and advocacy for persons affected by mental illness in the Rio Grande Valley.



namirvgv.org



Local Crisis Line: **1-877-289-7199**

SERVICES FOR VICTIMS OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT

Friendship of Women, Brownsville



fowinc.com/programs--services



956-544-7412

Family Crisis Center, Harlingen



familycrisisctr.org/contact



24-Hour Hotline: **1-866-423-9304**
956-423-9305

Valley Baptist Center, Harlingen



valleybaptist.net/services/emergency-room



956-389-1100

Mujeres Unidas, McAllen



mujeresunidas.org



956-630-HURT (4878) or
24-Hour Hotline: **1-800-580-4879**
956-664-2826



MENTAL HEALTH SUPPORT SERVICES

Counseling and Training Clinic at UTRGV, Brownsville

Free mental health counseling services for any member of the general community who is 6 years of age and older. Services are not available for any currently enrolled UTRGV students, faculty or staff.

 utrgv.edu/cep/research-centers/counseling-training-clinic/

 **956-882-7792**

Methodist Healthcare Ministries

Non-faith based mental health counseling services on a sliding-scale fee.

 mhm.org

 Brownsville: **956-465-9978**
Edinburg: **956-665-4619**

Tropical Texas Behavioral Health

Inpatient and outpatient services for individuals with mental disorders, mental retardation and substance abuse problems (must meet eligibility requirements).

 ttbh.org

 24-Hour Hotline: **1-877-289-7199**
Harlingen: **956-364-6500**
Brownsville: **956-547-5400**

Hope Family Health Center, McAllen

Provides counseling services to children, adolescents, adults and older adults in the form of individual, couple/marital and family therapy and medical services to those **with no mental/health insurance**.

 hopefamilyhealthcenter.org

 **956-994-3319**

* The following exceptions to confidentiality do exist. (a) Client case records may be used for the purpose of supervision, professional development, and consultation within the Center. In such cases, all efforts will be made to hide any unnecessary identifying information. (b) It is determined that you are a danger to yourself or to someone else. (c) Abuse, neglect, or exploitation of children, the elderly, or disabled persons is suspected. (d) Sexual contact with another health professional is disclosed by the client. (e) The therapist is ordered by a court or otherwise required by law to disclose information. (f) You authorize in writing to release your information.