



COMMUNITY HEALTH, BEHAVIORAL, SOCIAL SERVICES RESOURCE GUIDE

Behavioral/Mental Health Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Tropical Texas Behavioral Health	Provides an array of outpatient mental health services to adults 18 years of age and older who have a severe and persistent mental illness (depression, schizophrenia, bipolar disorders) or any other serious emotional symptoms that interfere with their daily activities.	103 N Loop 499 Harlingen, TX 78550 956-423-8094 http://www.ttbh.org/
Rio Grande State Center (RGSC)	Public provider south of San Antonio, Texas that offers outpatient medical healthcare, inpatient mental health services and long-term services for individuals with intellectual and developmental disabilities.	1401 Rangerville Rd Harlingen, TX 78551 956-364-8000 https://hhs.texas.gov/services/mental-health-substance-use/state-hospitals/rio-grande-state-center
Border Region Behavioral Health Center	Provides an array of services to adults 18 years of age or older who suffer from schizophrenia, bipolar disorders, severe major depression or any other severely disabling mental disorders which require support and treatment.	106 E Amada St Hebbronville, TX 78361 (956) 794-3290 http://www.borderregion.org/default.htm

Child/Youth Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Tropical Texas Behavioral Health	Provides a wide array of outpatient mental health services to children and adolescents between the ages of 3 -17 with a mental illness and who exhibit serious functional impairment. Services provided include crisis and intake assessment, case management, rehabilitation services, medication related services, pharmacy services and individual, family, and group counseling.	1901 S 24th St Edinburg, TX 78539 956-289-7000 http://www.ttbh.org/
Children's Advocacy Center of Hidalgo County	Coordinates and facilitates investigations by providing on site child forensic video recorded interviews, immediate crisis counseling, individual/family counseling, group counseling, sexual assault examinations and assistance with crime victims compensation program.	525 W Wisconsin Rd Edinburg, TX 78539 956-287-9754 http://www.cachidalgo.org/
Casa of Hidalgo	Advocates for the best interest of children in state custody. Provide quality volunteer representation; seek a safe, stable and permanent home for children.	1001 S 10th Ave Edinburg, TX 78539 956-381-0346 http://casaofhidalgo.com/



Crisis Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Women Together Foundation, Inc.	Provides crisis hotline 24 hour 7 days for emergency services and shelter for adult victims of family violence, and/or sexual assault, their children and other family members.	511 N Cynthia St McAllen, TX 78501 956-630-4878 http://mujeresunidas.org/
Family Crisis Center of the Rio Grande Valley	Services include: 24-hour hotline, 24-hour emergency shelter for victims and their children, 24 hour crisis intervention, 24 hour advocacy, 24 hour hospital accompaniment, Transportation to a safe place Counseling services	616 W. Taylor Harlingen, Texas 78550 (956) 423-9305 https://www.familycrisisctr.org/
Buckner Children and Family Services, Inc.-Rio Grande Valley	Crisis intervention and counseling, short-term counseling for at risk youth and their families, emergency care (youth shelter), youth life skills, and parenting classes.	5425 N McColl Rd # A McAllen, TX 78504 956-630-6285 https://www.buckner.org/

Dental Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Dentists Who Care	Provides dental services to uninsured low-income students enrolled in the Rio Grande Valley school districts. Provides emergency dental care through "Charity Dental Voucher Program".	3501 Moreland Dr, Ste G Weslaco, TX 78596 956-318-3383 https://dentistswhocare.us/
Nuestra Clinica Del Valle *Multiple locations, check website	Provides primary and preventive medical and dental services	611 N Bryan Street Mission, TX 78572 956-580-3303 https://nuestraclinicadelvalle.org/



Emergency Shelters

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
La Posada Providencia	Emergency shelter for men, women and families who flee to the United States due to political oppression, natural disaster, and other life-threatening actions in their native countries.	30094 Marydale Road San Benito, TX 78586 956-399-3826 https://lppshelter.org/
Catholic Charities of the Rio Grande Valley (CCRGV)	Provide Temporary Shelter (Lodging in a Hotel) for emergency assistance.	700 n. Virgen De San Juan Blvd. San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx
Mujeres Unidas - Women Together Mcallen	Temporary emergency and transitional housing for victims of domestic violence Katrina evacuees.	420 North 21st St. Mcallen, TX 78501 956-630-4881 https://www.domesticshelters.org/help/tx/mcallen/78501/mujeres-unidas-women-together

Financial Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Proyecto Azteca	Help to strengthen families by offering money smart courses, financial counseling, home buyer education, rebuild credit and budget counseling. They also provide financial education classes.	1601 E Business Hwy 83 San Juan, TX 78589 956-702-3307 https://www.facebook.com/ProyectoAzteca/
Catholic Charities of the Rio Grande Valley	Provides emergency financial assistance for rent as funding is available.	700 N Virgen de San Juan Blvd San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx
Hidalgo County Health and Human Services	Provides burial assistance to low income families within Hidalgo County.	1304 S 25th Ave Edinburg, TX 78539 956-383-6221 https://www.hidalgocounty.us/1032/Health-and-Human-Services



Food Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Food Bank of the Rio Grande Valley	Provides nutritious foods at no cost to qualified participants. The food package includes: peanut butter or dried beans, cereals, cheese, pasta or rice, evaporated milk or nonfat dry milk, canned meat or egg mix, fruit juice, canned vegetables and canned fruits.	724 N Cage Blvd Pharr, TX 78577 956-682-8101 Option 3 http://www.foodbankrgv.com/
Abundant Life Church (Harlingen)	Food pantry and assistance with food	101 N O St Harlingen, TX 78550 956-425-1696 https://www.abundantlifergv.org/

Housing and Rent Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Hidalgo County Housing Authority	Provides information about eligibility and vacancies for Section 8.	1800 Texas Blvd N Weslaco, TX 78596 956-968-8669 https://www.hidalgocha.org/
South Texas Fair Housing Project	Provide services such as complaint investigation, advocacy, education and outreach. If you feel that you have been the victim of housing discrimination in rental housing, real estate sales, mortgage lending, or homeowner’s insurance, you may file a complaint.	801 East Fern, Suite 119 McAllen, TX 78501 956-682-3247 http://www.myfairhousing.org/
Catholic Charities of the Rio Grande Valley	Provides a one-time financial assistance in paying current unpaid rent and utilities (depending upon funding availability). All services are on a first come first serve basis.	700 N Virgen de San Juan Blvd San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx



Legal Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Texas Rio Grande Legal Aid, Incorporated	Provides legal assistance to low-income persons in South, Central and West Texas. It provides services to farm workers and eligible non-profit organizations throughout Texas.	300 S Texas Weslaco, TX 78596 956-447-4800 http://www.trla.org/
Casa de Proyecto Libertad	Provides low cost legal services, education and advocacy to immigrants.	113 N 1st St Harlingen, TX 78550 956-425-9552 https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393335-Casa-De-Proyecto-Libertad nrogelio@hushmail.com
South Texas Pro Bono Asylum Representation Project	Provides pro bono legal services to asylum seekers detained in South Texas by the United States government.	301 E. Madison Avenue Harlingen, TX 78550 956-425-9231 https://www.americanbar.org/groups/public_interest/immigration/

Medical Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
UTRGV UniMovil Clinic	Mobile clinic providing family medicine and health screenings to residents of all ages.	2102 Treasure Hills Blvd. Harlingen, Texas 78550 956-296-1700 UniMovil@utrgv.edu https://www.utrgv.edu/school-of-medicine/initiatives/unimovil/index.htm
Brownsville Community Health Center *Multiple locations, check	Community Clinic offering low-cost preventive and primary care health services. Serving all ages.	New Horizon Medical Center (NHMC) 191 E. Price Road Brownsville, TX 78521 (956)621-3677 https://www.facebook.com/mybchc/?tn-str=k*F
Nuestra Clinica Del Valle	Provides comprehensive healthcare services to people of all ages at clinics in Hidalgo County.	806 W 3rd St San Juan, TX 78589 956-787-0787 https://nuestraclinicadelvalle.org/
El Milagro Clinic	Designed to treat the family as a unit and provide acute, preventive and health education services with medical follow-up.	901 E Vermont Ave, McAllen, TX 78503 956-213-6400 http://milagroclinic.org/



Misc. Basic Needs Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Bishop Enrique San Pedro Ozanam Center	The Ozanam Center provides emergency shelter, assistance with clothing, food pantry services, and rental housing assistance for the homeless.	656 N Minnesota Avenue Brownsville, TX 78521 956-831-6331 http://www.ozanambrownsvillecenter.org/
Good Neighbor Settlement House	Providing the basic necessities of life such as food, clothing, showers, referrals, meals, free income tax preparation, after-school tutoring, housing rehabilitation for the elderly and/or handicapped and educational programs.	1254 E Tyler Street Brownsville, TX 78520 956-542-2368 https://www.goodneighborsh.org/
First United Methodist Church of San Benito	Provides vouchers for needy children in the school district who are in need of shoes.	400 N Sam Houston Boulevard San Benito, TX 78586 956-399-2187 http://www.umc.org/find-a-church/church/66744

Substance Use Disorder Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Palmer Drug Abuse Programs (PDAP): Brownsville	Offers a 12-step program for young people and their families suffering from the effects of alcohol and other substance abuse problems. The meetings follow a twelve-step program similar to that of Alcoholics Anonymous.	1275 Cottonwood Drive Brownsville, TX 78520 956-544-3333 Recovery247@sbcglobal.net http://www.pdap.com/brownsville.htm
Al Anon Meetings/ Alateen Meetings	Local support meetings for those who have been affected by the alcohol abuse of a loved one. Alateen are meetings for those people 20 and under.	Special Friends First Christian Church 1400 N. 10th Street McAllen, TX 78604 956-975-7303 https://texas-al-anon.org/
Behavioral Health Solutions of South Texas	Outpatient Substance Abuse Treatment Program. Provides alcohol and drug abuse treatment and education.	5510 N Cage, Ste A Pharr, TX 78577 956-787-7111 https://www.bhsst.org/



Transportation Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Metro Connect	Intercity bus service connecting the upper and lower Valley.	755 International Boulevard Brownsville, TX 78520 956-681-3550 http://www.lrgvdc.org/valleymetro/
McAllen Paratransit	Curb to curb transportation alternative for people whose disabilities prevent the use of McAllen Metros standard fixed route buses.	1501 W Highway 83 Suite 110 McAllen, TX 78501 956-681-3535 https://www.mcallen.net/metro/services/ada.aspx
United Way of South Texas - Transportation Vouchers	Provides transportation vouchers for individuals who have no means of transportation for job training/employment and support services. If someone is escorting the person to their appointment, the escort person does not need a voucher.	3502 S I-69 C Edinburg, TX 78542 956-383-0023 https://unitedwayofsotx.org/our-work/financial-stability/transportation-vouchers/

Volunteer and Faith-Based Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Loaves And Fishes Of The Rio Grande Valley	Offers food, shelter, job training and placement and provides monetary and non-monetary aid to those experiencing a life altering event that takes away their ability to afford the necessities of life.	514 S E Street Harlingen, TX 78550 956-423-1014 https://lfrgv.org/
Salvation Army Of McAllen	Provides lunch and dinner every day at 12:30pm and 5:30pm. Emergency shelter up to five days for persons with identification, one day for those without.	1600 N 23rd Street McAllen, TX 78501 956-682-1468 http://www.salvationarmytexas.org/mcallen/
Habitat For Humanity Restore	Offers a “hand up” and not a “hand out” to low income families from the four county region.	412 Ash Ave McAllen, TX 78501 956-686-7455 http://www.habitatrgv.org/