



COMMUNITY HEALTH, BEHAVIORAL, SOCIAL SERVICES RESOURCE GUIDE

	Link	Phone #	Days	Times	Description
United Way - 211	https://www.211texas.org/	2-1-1 or (877) 541-7905	7 days a week	24 hours a day	Assistance finding food, paying housing bills, accessing freechildcare, and other essential services.

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.	<p>Website for all: http://www.ttbh.org/ Crisis Hotline: (877) 289-7199</p> <p>861 Old Alice Road Brownsville, Texas 78520 (956) 547-5400</p> <p>103 N Loop 499 Harlingen, TX 78550 956-423-8094</p> <p>2251 W Business 83 Weslaco, Texas 78596 (956) 520-8800</p>
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.	<p>1401 Rangerville Rd Harlingen, TX 78551 956-364-8000 https://www.hhs.texas.gov/services/mental-health-substance-use/state-hospitals/rio-grande-state-center</p>
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.	<p>106 E Amada St Hebbronville, TX 78361 (956) 794-3290 http://www.borderregion.org/default.htm</p>
Children's Bereavement Center RGV	Provides counseling services surrounding grief, stabilize and preserve family relationships, and develop healthy coping skills after the loss of a loved one. Services are provided for people aged 3 - 24 years old.	<p>Free to the public 2302 S. Sunshine Strip #202 Harlingen, Texas 78550 (956) 368-4065 / Cell: (210) 386-7745 https://cbcst.org/</p>
BCFS Health & Human Services	Operates a global health and human services non-profit organizations. Services include residential care, family enrichment, life skills, parent education, emergency management medical and prenatal care, and preparedness training.	<p>1702 E. Tyler, Ste 4 Harlingen, Texas 78550 (956) 230-3849 www.discoverBCFS.net</p>



UTRGV Counseling Clinic	Graduate students under the supervision of a licensed professional counselor provides counseling services for all ages. 12 sessions free for the community if contacted.	Email: ctclinicbrownsville@utrgv.edu 2168 E. Jackson Brownsville, TX 78520 (956) 882-7792 https://www.utrgv.edu/counseling/
Methodist Healthcare Ministries of South Texas	Provides general counseling to individuals dealing with mental behavioral and emotional problems and disorders. Counselors can assist clients cop with anxiety, depression, stress, marital/relationship issues, grief/ loss, trauma, abuse and anger problems.	321 East Harrison Harlingen, Texas 78550 (956) 465-9781 www.mhm.org

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.	Website for all: http://www.ttbh.org/ Crisis Hotline: (877) 289-7199 861 Old Alice Road Brownsville, Texas 78520 (956) 547-5400 103 N Loop 499 Harlingen, TX 78550 956-423-8094 2251 W Business 83 Weslaco, Texas 78596 (956) 520-8800
Children's Advocacy Centers of Cameron 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 victim's compensation program.	Maggie's House 1390 W Expressway 83 San Benito, TX 78586 (956) 361-3313 cameroncountycac@gmail.com Monica's House 1255 FM511, Brownsville, TX 78526 (956) 986-2770 cameroncountycac@gmail.com http://www.cacameroncountycac.com
CASA of Cameron & Willacy Counties	Advocates for the best interest of children in state custody. Provide quality volunteer representation; seek a safe, stable and permanent home for children.	1740 Boca Chica Blvd #300 Brownsville, TX 78520 (956) 546-6545 https://casaofcameronandwillacy.org/



Community in Schools of Cameron County	Identifies children at risk, work with children, families, school personnel and the community to reduce the risk of dropping out of school through case management, remedial course work, tutoring, mentors, cultural enrichment, parent involvement and information and referral services.	356 N Sam Houston Blvd San Benito, Texas 78586 (956) 554-7954 www.ciscameroncounty.org
Good Samaritan Center – Brownsville Church of the Advent	Offers extensive social service programs that address the overall needs of at-risk children, youth, families, and senior citizens.	104 W. Elizabeth Street Brownsville, Texas 78520 (956) 435-9190
Tip of Texas Family Outreach	Assist to prevent child abuse and neglect by strengthening children and their families through an array of supportive services and referral information.	455 East Levee Street Brownsville, Texas 7820 (956)541-5566 www.totfo.com

Crisis Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Tropical Texas Behavioral Health Crisis hotline	Serving the Rio Grande Valley. Our 24 hour crisis line is available to assist you and provide information on resources during stressful times.	877-289-7199 TDY: 800-735-2988 TTY: 800-735-9289
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	The FAYS program is a short-term program for children and youth ages 0-17 who are experiencing significant family conflict including, school problems, sibling violence, runaway behavior and juvenile delinquency.	1713 E. Tyler Rd. Harlingen, Texas 78550 (956) 423-7909 https://www.buckner.org/
Friendship of Women	Services include individual and group counseling, supportive housing, community education and prevention, emergency shelter to families affected by family and sexual violence.	95 E Price Rd Brownsville, TX 78521 (956) 544-7412 http://www.fowinc.com/
Catholic Charities of the Rio Grande Valley (CCRGV)	Provides counseling, case management ad emergency assistance and relief to individuals and families.	955 West Price Road Brownsville, Texas 78520 (956) 541-0220 www.catholiccharitiesrgv.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/
Bishop Enrique San Pedro Ozanam	Provides shelter for homeless individuals and families. Services include pantry, food, school tutoring, community garden, transitional housing, homeless prevention and rapid re-housing program, emergency shelter grant program, and serves as an emergency shelter during hurricane and cold weather season.	656 N Minnesota Ave Brownsville, TX 78521 (956) 831-6331 http://www.ozanambrownsvillecenter.org/
Loaves & Fishes	The Open Arms Homeless Shelter provides temporary residence and assistance for homeless individuals and families.	514 S E St Harlingen, TX 78550 (956) 423-1014 https://lfrgv.org/
United Way of Northern Cameron County	United Way of Northern Cameron County is making a difference in Northern and Willacy Counties, fighting the need of issues like hunger and homelessness plus the long-term causes of need due to poor health, lack of education and financial instability.	320 E Harrison Ave Harlingen, TX 78550 (956) 423-5954 https://unitedwayincameronwillacy.org/
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 and Employment 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



Family Emergency Assistance	Family Emergency Assistance of Harlingen Texas provides homeless prevention services including emergency rent, utility and prescription assistance. Clothes, food bags and household items are also available.	514 South E Street Harlingen, Texas 78550 (956)423-4265 https://lfrgv.org/how-we-help/family-emergency-assistance/
American Association of Retired Persons (AARP)	Provides opportunities for low-income eligible individuals 55 and over, who are unemployed, to obtain new job knowledge, enhance their skills and gain skill in today's job market. Job Search assistance and paid job training (18-20 hours a week).	1615 Resaca Village Brownsville, Texas 78531 (956)544-5300 https://www.aarp.org/
Goodwill Industries of South Texas	Provides employment, education, training to people with disabilities or other barriers to employment.	702 Dixieland Harlingen, Texas 78552 (956) 428-0139 www.goodwillsouthtexas.com
Greenpath Debt Solutions	Provides budget and credit counseling, debt management programs, debt crisis intervention, consumer education and information, pre-bankruptcy counseling and certificates, reverse mortgage counseling, pre-purchase counseling and foreclosure intervention counseling.	6710 W Expressway, Ste A201, Office 225 Harlingen, Texas 78550 (956) 428-0072 www.greenpath.com
La Union Del Pueblo Entero (LUPE)	Provides various types of social services for farmworkers and other low-income individuals. Also have a strong community organizing program.	893 S Sam Houston Blvd, Ste B San Benito, Texas 78586 (956) 626-1718 www.lupenet.org

Food and Basic Needs 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	Food pantry and assistance with food. <ul style="list-style-type: none"> • Every 1st & 3rd Wednesday at 1:30pm, church staff will be assisting with giving out groceries to families in need. • Every 2nd Wednesday - the church assist with handing out cheese. 	101 N O St Harlingen, TX 78550 956-425-1696 https://www.abundantlifergv.org/
Pharr Seventh-day Adventist Church	Community food pantry and assistance.	21 W. Polk Ave. Pharr, TX 78577-3025 956-787-9438 956-787-9438 https://www.pharrsdachurch.org/
Salvation Army - Cameron County	The Salvation Army is serving free pickup lunch meals for families, and children out of school. Meals are served to small groups, and community meals have transitions to to-go meals for safety.	119 E. Monroe Harlingen, Texas 78550 956-423-2454 https://www.salvationarmytexas.org/harlingen/



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/
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

Electricity, Housing and Rent Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Hidalgo County Housing Authority	Provides information about eligibility and vacancies for Section 8.	1800 Texas BlvdN 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
Cameron & Willacy Counties Community Project	Provides rental and utility assistance to families in Cameron and Willacy Counties.	2100 Gregory Ave Brownsville, Texas 78521 (956)544-6631
Community Action Corporation of South Texas	Comprehensive energy assistance program. Requirements entail; proof of citizenship, income, and current electricity and gas bill.	519 E. Madison Street Brownsville, Texas 78520 (956) 435-0379 1822 W. Jefferson Avenue Harlingen, Texas 78550 (956) 423-1100



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.	308 East Harrison Harlingen, Texas 78550 (956)364-3800 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 nrogelio@hushmail.com https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393335-Casa_De_Proyecto_Libertad
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 and Dental 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	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
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/
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/



Brownsville Community Health Center	Provides primary health care, dental services, social services and assisting with enrollment into the health insurance marketplace exchange.	191 East Price Road Brownsville, Texas 78521 (956)548-7400 www.bchc.org
Su Clinica Familiar	Provides family medical services, dental, women’s health, pediatrics, lab work, family planning and social services.	1706 Treasure Hills Blvd Harlingen, Texas 78550 (956) 365-6000 www.suclinica.org 105 East Alton Gloor Brownsville, Texas 78520 (956) 831-8338

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/brownville.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/ (888) 880-9718 www.aa.org
Behavioral Health Solutions ofSouth Texas	Provides diversity of substance abuse prevention, intervention, research education and outpatient treatment programs to reduce substance abuse and related co-existing conditions, encourage healthier life-style related to at risk public health behaviors, and promote stronger families. Provides multi-approach centers on age appropriateness, culture and language relevancy in an environment that is research and outcome based.	2100 Gregory Ave Brownsville, Texas 78526 (956) 787-7111 https://www.bhsst.org/
Recovery Center of Cameron County	Offers an outpatient substance abuse program, provides individual, group and family counseling for chemically dependent adults and adolescents.	355 W Elizabeth St, Ste. 100 Brownsville, Texas 78520 (956) 548-0028 www.recoverycentercc.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/