



COMMUNITY RESOURCE GUIDE – UPPER RGV

COMMUNITY HEALTH, BEHAVIORAL, SOCIAL SERVICES RESOURCE GUIDE

Behavioral/Mental Health Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Tropical Texas Behavioral Health	Provides an array of inpatient and outpatient mental health services to individuals who have a severe and persistent mental illness (depression, schizophrenia, bipolar disorders) or any other serious emotional symptoms that interfere with their daily activities.	1901 S 24th Ave Edinburg, TX 956-289-7000 www.ttbh.org
South Texas Behavioral Health Center	Offers behavioral health care and treatment services for children, adolescents, adults and senior adults in both inpatient and outpatient settings.	2102 W. Trenton Rd. Edinburg, TX 78539 (956) 388-1300 https://southtexashealthsystembehavioral.com/
UTRGV - Counseling and Assessment Preparation (CAP) Clinic	LGBT and trans friendly counseling services run through UTRGV that provides counseling services to members of the general community. All services are free of charge. Call for more information or to make an appointment.	1201 W. University Dr. Edinburg Tx 78539 (956) 665-5251 https://www.utrgv.edu/cep/research-centers/counseling-training-clinic/index.htm
Behavioral Health Solutions of South Texas	Services include free screening, sliding scale, and fee for service based on client eligibility and type of program being requested.	5510 N. Cage Blvd., Suites A & C Pharr, TX 78577 (956) 781-1213 https://www.bhsst.org/
Doctor's Hospital at Renaissance Behavioral Health Center	Provides individualized, short-term and solution-oriented treatment options for children, adolescents, adults and seniors. Team includes psychiatrists, nurses, counselors, therapists and case managers. Clinical assessments are provided 24 hours a day, seven days week and are free-of-charge.	5510 Raphael Drive Edinburg, TX 78539 (956) 632-4357 www.dhr-rgv.com
Children's Bereavement Center - RGV	Offers no-cost individual and family grief counseling, peer support groups, and grief camps	2302 S. 77 Sunshine Strip, Suite 202 Harlingen, TX 78550 956-368-4065 https://cbc-rgv.org/
Hope Family Health Center	Provides counseling, psychotherapy, and medical services to uninsured individuals in the Rio Grande Valley. Call to determine eligibility and complete application form. Clients are asked for a \$5 - \$25 donation to cover the cost of services.	2332 Jordan Rd W. McAllen, TX 78503 (956) 994-3319 http://www.hopefamilyhealthcenter.org/



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
South Texas Counseling Agency	Counseling Agency made up of several licensed counselors. Provides individual/family/couples counseling on a variety of topics including anxiety, grief, substance abuse, anger management, and much more. Affordable, sliding scale fees. Takes most insurance.	1544 W Dove Ave McAllen, Texas, TX 78504 (956) 369-7997 https://sotxcounseling.com/
Challenges & Change, PLLC	Counseling Agency made up of several licensed counselors. Provides individual/family/couples counseling on a variety of topics. Affordable, sliding scale fees. Takes most insurance.	701 N Ware Rd McAllen, TX 78501 (956) 664-0057
Beyond Boundaries Counseling RGV	Inclusive practice that provides individual/family/couples counseling on a variety of topics. Affordable, sliding scale fees. Available for evening and weekend sessions.	4800 North 10th Street Suite D McAllen, Tx 78504 (956) 290-8430 https://www.bbcrgv.com/
Rio Grande City Professional Counseling Services	Provides individual/family/couples counseling on a variety of topics. Affordable, sliding scale fees. Takes most insurance.	104 N Texas St. Rio Grande City, TX 78582 (956) 488-2600
El Milagro Clinic	Offers individual, group, and family counseling. Services for families who earn too much to qualify for public assistance but not enough to pay for health care in the private sector. Must have an initial consult with a counselor. Consults are a \$40 flat rate. Once assessed, patients must be referred by a provider to see us for counseling. There is no cost for counseling once patients are referred. Services cover residents from across the RGV.	901 East Vermont Avenue McAllen, TX 78503 (956) 213-6400 http://milagroclinic.org/
Spot To Talk	Spot To Talk provides teletherapy for children, teens and young adults. Sliding scale fee, also accepts Blue Cross Blue Shield and other insurances.	Available statewide 619-438-0690 https://www.spottotalk.com/
NAMI Helpline	Staff and volunteers are prepared to answer your questions about mental health issues including: symptoms of mental health conditions, treatment options, local support groups and services, education programs, helping family members get treatment, and programs to help find jobs.	Available nationwide 800-950-6264



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Child/Youth Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
<p>Program: Children/Adolescent Mental Health Services Agency: Tropical Texas Behavioral Health</p>	<p>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.</p>	<p>1901 S 24th St Edinburg, TX 78539 956-289-7000 www.ttbh.org</p>
<p>Children's Advocacy Center of Hidalgo County</p>	<p>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.</p>	<p>525 W Wisconsin Rd Edinburg, TX 78539 956-287-9754 www.cachidalgo.org</p>
<p>CASA of Hidalgo</p>	<p>Advocates for the best interest of children in state custody. Provide quality volunteer representation; seek a safe, stable and permanent home for children.</p>	<p>1001 S 10th Ave Edinburg, TX 78539 956-381-0346 https://casaofhidalgo.com/</p>
<p>AVANCE</p>	<p>Provides child/family development services for families with young children. Offers in-home or center-based services for children that include: early education programs, nutritional meals, health/development screenings, as well as services for parents. Must meet federal income poverty guidelines.</p>	<p>811 Bowie Ave Alamo, TX 78516</p>
<p>AVANCE</p>	<p>Provides child/family development services for families with young children. Offers in-home or center-based services for children that include: early education programs, nutritional meals, health/development screenings, as well as services for parents. Must meet federal income poverty guidelines.</p>	<p>213 W. 2nd St. Rio Grande City, TX 78582</p>



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Crisis Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: 24 - Hour Crisis Hotline Agency: 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 www.mujeeresunidas.org
STARR of Hope	A non-profit organization designated to help victims of domestic violence and sexual assault by providing shelter services, case coordination services, safety planning, and advocacy.	512 E. Main St. Rio Grande City, TX 78582 (956) 486-1200 http://www.starrofofhope.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 http://www.buckner.org/
Border Region Behavioral 24-Hour Crisis Line	Crisis hotline available for Starr County residents.	1-800-643-1102
Crisis Text Line	Serves anyone, in any type of crisis, providing access to free, 24/7 support and information. Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis and a live, trained Crisis Counselor receives the text and responds quickly.	Available nationwide Text HOME to 741741 http://www.crisistextline.org/
Lifeline Crisis Chat	Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the chat. Offers online emotional support, crisis intervention, and suicide prevention services.	English: 1-800-273-8255 Spanish: 888-628-9454 http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

Dental Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Dental Clinic Agency: Brightwood Community Dental Clinic	Provides a low-cost dental clinic to the community.	1500 South Jackson Road McAllen, TX 78503 956-630-1499 https://www.brightwood.edu/
Nuestra Clinica Del Valle - Mission	Provides primary and preventive medical and dental services	611 N Bryan Street Mission, TX 78572 956-580-3303 http://nuestraclinicadelvalle.org/



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Emergency Shelters

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
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 and disaster evacuees.	420 North 21st St. McAllen, TX 78501 956-630-4881 https://www.domesticshelters.org/tx/mcallen/78501/mujeres-unidas-women-together

Employment Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Vocational Rehabilitation Services Agency: Texas Workforce Commission	Major functions of TWC include developing the workforce, providing support services including childcare for targeted populations participating in workforce training and adult education and literacy services, providing services for people with disabilities to obtain training and employment, and administering the unemployment benefits and tax programs.	801 W. Nolana McAllen, TX 78504 (956) 661-0930 https://twc.texas.gov/

Financial Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Financial Education Classes Agency: Proyecto Azteca	Help to strengthen families by offering money smart courses, financial counseling, home buyer education, rebuild credit and budget counseling.	1601 E Business Hwy 83 San Juan, TX 78589 956-702-3307 http://www.211texas.org/results-page/?First=1&country=United%20States&sp=TX&county=Hidalgo&city=-1&org=72605&agencynum=29802718
Emergency Financial Assistance (ESG) Agency: Catholic Charities of the Rio Grande Valley	Provides 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



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Program: Financial Assistance Agency: 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
Program: Financial Assistance Agency: Silver Ribbon Community Partners	Offers financial assistance to help the elderly and disabled undergoing an emergency or crisis. Serves residents of Hidalgo and Starr counties.	1919 Austin Avenue McAllen, TX 78501 956-664-4892 https://www.facebook.com/silverribboncommunitypartners/

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 www.foodbankrgv.com
Program: Meals on Wheels Agency: Amigos Del Valle	Provides nutritious, low-cost meals to people living with critical illness. Meals are available for pick up. Offers home delivery for clients who are homebound. Also provides nutrition counseling and education. Available to Hidalgo and Cameron County residents.	4138 Crosspoint Blvd Edinburg Texas 78539 956-213-9400 http://advrgv.org/
Program: Community Relief Center Agency: Abundant Grace Community Church	Provides necessities such as, food, toiletries, blankets, cooling fans, and any other items deemed necessary to people in the community.	2110 South McColl Road Edinburg, TX 78539 956-381-0622 https://agcc.tv/community-relief-center
Food Pantry: Holy Spirit Catholic Church	Supplemental groceries to individuals and families in need. Available to residents of McAllen every Wednesday 8:45 AM – 1:00 PM. Arrive by 8:45 AM to fill out forms. Distribution starts at 9:00 AM.	2201 Martin Avenue McAllen, TX 78504 956-631-5295 https://www.facebook.com/HolySpiritCatholicChurchMcAllen/
Food Pantry: First United Methodist Church of McAllen	Community food pantry and assistance. Available every 3 rd Monday of the month.	4200 North McColl Road McAllen, TX 78504 956-686-3784 http://fumcmcallen.com/ministries/mission-outreach/



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Food Pantry: Center Church	Fresh produce and basic staples for low-income households. 1 st Thursday of every month. Only available to Hidalgo County residents. Must show bill with name and address on it for proof of residency.	4801 North Cage Boulevard Pharr, TX 78577 956-702-3372 https://www.centerchurchpharr.com/ministries
Summer Food Program Agency: Catholic Charities of the RGV	Provides children and adults with healthy snacks to improve and maintain their nutritional status while they are enrolled in a participating facility/center after school. Call to find out about participating locations.	Available at various participating locations 956-702-4088 http://www.catholiccharitiesrgv.org/food-program.shtml
Food Pantry: Pharr Seventh-day Adventist Church	Community food pantry and assistance	21 W. Polk Ave. Pharr, TX 78577-3025 956-787-9438
Program: Full Cart Agency: Feeding Children Everywhere	Free program that delivers meal kits and grocery items to your front door. To apply, visit their website or text "FULLCART" to (833) 689-0718. There is a waitlist for services.	Services available statewide https://fullcart.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 http://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 www.myfairhousing.org
Program: Social Services Agency: 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
Program: Disaster Relief/Response Agency: Catholic Charities of the Rio Grande Valley	Helps people through damage recovery from a disaster via home assessment and case management. Assists with housing services by providing materials to reconstruct damaged homes from a federally declared disaster.	700 N Virgen de San Juan Blvd San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Proyecto Azteca	Helps clients secure mortgage loans to pay off colonia lot purchase balances then families use their own labor to build quality homes. Participating families work on their or their neighbor's home daily, using house plans developed for Proyecto Azteca by licensed architects and engineers. Professional trainers oversee construction, provide safety tips and provide formal home-building instruction.	1601 US Business HWY 83 San Juan, TX 78589 956-702-3307 https://www.proyectoazteca.org/

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/
Program: Social Services Agency: La Union del Pueblo Entero (LUPE)	Provides the following services to members (view website for info on membership fees): - Assistance with immigration applications - Income tax assistance - Preparation of notarized statements - Interventions with local government officials - Assistance in transferring of auto titles - Workers' rights advocacy - Referral to the Texas Civil Rights Project	416 South Alton Boulevard Alton, TX 78573 956-584-3636 http://lupenet.org/our_services/
South Texas Civil Rights Project	Promotes racial, social, and economic justice through education and litigation.	1017 W. Hackberry Ave. Alamo, TX 78516 (956) 787-8171 http://www.texascivilrightsproject.org/
Program: Immigration Legal Services Agency: Immigrant Hope	Clients can receive assistance with immigration applications, changing immigration status, applying for visas, helping escape domestic violence, trafficking, or persecution	5208 North Jackson Road Pharr, TX 78577 956-800-4749 http://www.ihmcallen.livingwordefc.org/
Program: Legal Advocacy Program Agency: Mujeres Unidas	Provides education on legal rights options and provides support and accompaniment in the client's pursuit of those options. In collaboration with the Texas Rural Legal Aid (TRLA), legal advocates assist agency clients in obtaining divorces, filing police reports, assist in obtaining protective orders and provide court accompaniment.	420 N 21st St McAllen, TX 78501 956-630-4878 http://mujeresunidas.org/index.php/legal-advocacy



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Immigration Services Agency: Catholic Diocese of Brownsville	Provides assistance to foreign nationals seeking permanent resident status in the U.S. in filling out application forms, facilitating filing procedures both in the U.S. and abroad, and counseling on eligibility requirements.	700 Virgen de San Juan Boulevard San Juan, TX 78589 956-784-5057 http://cdob.org/immigration/
Program: Immigration Assistance Agency: Bernardo Kohler Center	Provides services to immigrant victims and vulnerable populations throughout Texas including: general immigration legal aid, special immigrant juvenile (SIJ) cases, visas for crime victims, naturalization and other citizenship applications, and family-based cases. Intake consultations are \$40 and the consultant will consider family income to determine how much services will cost.	Services available statewide 512-831-4272 https://bernardokohler.org/services%2Fservicios
Immigrant Rights Hotline	Hotline that provides information about information about changing immigration policies, a place to report discrimination and racial profiling, and a source for referrals to legal services providers and immigrant rights organizers.	Services available statewide 833-468-4664 https://www.houstonimmigration.org/hotline/
Program: Bond Program Agency: Refugee and immigration Center for Education and Legal Services (RAICES)	A bond fund that seeks to mitigate the harmful effects of immigrant detention. Eligible clients must be: (1) currently detained in the state of Texas, (2) previously detained in the state of Texas but transferred out of state, or (3) going to live in the state of Texas once released.	Services available statewide 800-408-5161 https://www.raicestexas.org/what-we-do/social-services/bond-program/
Program: Legal Emergency Room Agency: Asylum Seeker Advocacy Project (ASAP)	Provides emergency legal services that are responsive to the needs of asylum seekers in crisis. ASAP provides high-quality legal assistance at a distance, swiftly preparing emergency motions and other legal filings to prevent deportations. Through ASAP's legal emergency room, asylum seekers are able to access legal aid without having to walk into an office.	Services available nationwide info@asylumadvocacy.org https://asylumadvocacy.org/programs/#legal
DACA Hotline	A national toll-free bilingual hotline to assist in locating DACA legal resources and providing information about DACA applications.	Services available nationwide 844-411-3222 https://naleo.org/apply-for-deferred-action/



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LGBTQIA+ Youth Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
South Texas Equality Project (STEP) RGV	South Texas Equality Project (STEP) is a coalition of different non-profits and community groups that work with the LGBTQIA+ community. It organizes and hosts community events such as Pride in the Park. Monthly meetings, opportunities for involvement, and an e-mail newsletter.	(956)507-4805 https://www.facebook.com/STEP.RGV/
Aqui Estamos	A youth-led queer and trans people of color organization in the Rio Grande Valley along the Texas-Mexico border.	(956) 332-3858 https://www.facebook.com/aquiestamosrgv
PRIDE McAllen	Group that provides support and social interaction for LGBTQI individuals as well as a focus on supporting parents and family members of LGBTQI people.	http://www.facebook.com/PFLAGMcAllen
RGV Trans Support	Support group for transgender, non-binary, and gender nonconforming people. Active Facebook group that provides support and discussion for members as well as two monthly meetings (one in Cameron County and one in Hidalgo County).	https://www.facebook.com/groups/RGVTRANS/
LULAC RGV Rainbow Council	A recognized council within the League of United Latin American Citizens. Founded to foster dialogue between the Hispanic and LGBTQIA communities.	https://www.facebook.com/LULACRGVRC/
LGBTQIA+ Resource Guide for the RGV	A project of STEP RGV. A curated list of LGBTQIA+ friendly organizations, services, and businesses in the Rio Grande Valley and beyond.	http://rgvresourcelist.com/
RGV Pride	A collaboration of STEP RGV and the Valley AIDS Council. Established with the purpose of organizing a series of events to celebrate Pride Month, this group also publicizes LGBTQIA+ events that occur year-round throughout the RGV.	https://www.facebook.com/RGVPRIDEPRIDEINTHEPARKRGV/
Student Equality Alliance	LGBTQI student organization for UTRGV students. Hold regular meetings and on-campus events as well as support for students.	http://www.facebook.com/SEA.utrgv/
Open, Equal & Free	LGBTQI student alliance for STC students. Hold regular meetings and on-campus events as well as support for students.	https://www.facebook.com/OpenEqualAndFree/
TFA RGV Prism	Works alongside LGBTQ+ and allied partners in the RGV to advance educational equity in line with Teach for America's national initiative. Hosts and participates in education, advocacy, and other LGBTQIA+ events throughout the RGV.	https://www.facebook.com/RGVPRISM/



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
UTRGV - Counseling and Assessment Preparation (CAP) Clinic	LGBT and trans friendly counseling services run through UTRGV that provides counseling services to members of the general community. All services are free of charge. Call for more information or to make an appointment.	1201 W. University Dr. Edinburg Tx 78539 (956) 665-5251 https://www.utrgv.edu/cep/research-centers/counseling-training-clinic/index.htm
South Texas Counseling Agency	Counseling Agency made up of several licensed counselors. LGBTQIA+ friendly and inclusive. Participates in LGBT community events. Takes most insurance.	1544 W Dove Ave McAllen, Texas, TX 78504 (956) 369-7997 https://sotxcounseling.com/
Beyond Boundaries Counseling RGV	LGBTQIA+ affirming and inclusive. Provides one free individual session a month for members of the transgender community.	4800 North 10th Street Suite D McAllen, Tx 78504 (956) 290-8430 https://www.bbcrgv.com/
Gender Care Clinic at Doctor's Hospital at Renaissance, Dr. Michelle Cordoba	Provides comprehensive service including consultation on hormone replacements, primary care, cancer screenings, vaccines, counseling and mental health services, pharmacy services, and referrals.	5423 S McColl Rd Edinburg, TX 78539 (956) 362-3999
Valley AIDS Council	Provides comprehensive LGBT-inclusive STD and HIV testing. Medical providers specialize in the care of transgender women and men and provide treatment and consultation. Also provides affordable HRT and able to work with different insurance companies.	300 S. 2nd Street, Ste. 101 McAllen, TX 78501 (956) 668-1155 https://www.valleyaids.org/

Medical Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Well Woman's Healthcare Agency: Women's Clinic of South Texas	Offers comprehensive women's care under one roof. Patients are able to receive evaluations, annual exams, and treatment for a wide variety of medical concerns. Accepts most insurance plans, including Medicaid and Medicare. Financial assistance is also available to patients that require procedures and are in need of special payment arrangements.	3001 North 23rd Street McAllen, TX 78501 956-661-0044 http://womensclinicofsouthtexas.com/
Hidalgo County Indigent Care Program	The CICHF & Hidalgo Blue Program helps low-income Hidalgo County residents, who do not qualify for other state or federal health care programs get access to health care services. Must be at or below federal income poverty level.	3105 E. Richardson Edinburg, TX 78542 (956) 318-2087 http://www.hchd.org/195/CICHF-Hidalgo-Blue-Program



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Hope Family Health Center	Provides primary medical care, lab services, counseling, psychotherapy, nutritional support, and wellness classes to uninsured individuals in the Rio Grande Valley. Call to determine eligibility and complete application form. Patients are asked for a \$5 - \$25 donation to cover the cost of services.	2332 Jordan Rd W. McAllen, TX 78503 (956) 994-3319 http://www.hopefamilyhealthcenter.org/
Access Esperanza Clinic	Provides quality, confidential family planning and preventive health services for women, men, and teens in Hidalgo County.	916 East Hackberry, Suite A McAllen, TX 78501 (956) 686-6671 https://accessclinics.org/
Nuestra Clinica Del Valle	Provides healthcare services to residents of Hidalgo and Starr counties at 11 locations, including two school-based clinics to treat and care for children. Offers comprehensive medical services that include family medicine, internal medicine, pediatrics, obstetrics and gynecology, laboratory, radiology, nutrition, behavioral health and dental.	Services available at various locations across the RGV Admin Office: 801 W. 1st Street San Juan, TX 78589 956-787-0787 www.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/
Rio Grande Free Clinic for the Low Income/Uninsured	Provides medical supplies, medications and vaccination supplies. 1 st and 3 rd Friday of the month.	3604 N McColl Rd McAllen, TX 78501 956-800-4043 http://www.faithfulpathinternational.org/
Program: Nurse-Family Partnership Agency: Doctor's Hospital at Renaissance	Free program available for low-income women less than 28 weeks pregnant living in Hidalgo and Willacy County. Participants will be connected to a registered nurse who will provide support, advice and information for a healthy pregnancy, a healthy baby, and a to be a prepared parent. After birth support includes breastfeeding, nutrition, child development, safe--sleep techniques, and more.	Available at various locations 956-362-4190 https://www.nursefamilypartnership.org/tx-nfp/
Emergency Assistance Program Agency: Catholic Charities of the Rio Grande Valley	Provides medical needs vouchers, medical consultation and/or prescription assistance for those in need.	700 N Virgen de San Juan Blvd San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx
Program: Early Childhood Intervention Agency: Easterseals Rio Grande Valley	Services help young children with delays or disabilities achieve their goals in cognitive, social/emotional, communicative, adaptive and physical development through occupational, physical, or speech therapy. Services can be provided in the home or at childcare facilities.	PO Box 489 McAllen, TX 78505 956-631-9171 https://www.easterseals.com/rgv/



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Valley AIDS Council	Provides HIV prevention, education, testing services, medical care and other support services for people living with HIV.	300 S. 2nd Street suite 101 McAllen, TX 78501 956-668-1155 http://valleyaids.org/

Misc. Basic Needs Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Clothing Bank Agency: His Hands Ministries	Offers home goods and clothes, baby clothes, blankets, school supplies, yarn and building supplies to families in need. Available to Hidalgo County residents.	17214 Salida del Sol Street Penitas, Texas 78576 956-584-6844 http://hishandsministriestexas.org/

Parenting Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Project HOPES Agency: Easterseals Rio Grande Valley	Prevention services that target families with children ages 0 - 5. Provides a home-visiting program with parenting guidance and seminars as well as services that promote child welfare, early childhood education, and other family services. Services provided on the family's needs and may include access to childcare and counseling.	PO Box 489 McAllen, TX 78505 956-631-9171 https://www.easterseals.com/rgv/
AVANCE	Provides child/family development services for families with young children. Offers in-home or center-based services that include prenatal/parenting/family health education and linkage to community resources along with educational services for children. Must meet federal income poverty guidelines.	811 Bowie Ave Alamo, TX 78516
AVANCE	Provides child/family development services for families with young children. Offers in-home or center-based services that include prenatal/parenting/family health education and linkage to community resources along with educational services for children. Must meet federal income poverty guidelines.	213 W. 2nd St. Rio Grande City, TX 78582
Parenting Support Agency: Catholic Charities of the Rio Grande Valley	Individuals and couples can receive pregnancy, childbirth, and parenting classes, counseling and mentoring assistance with career and education decisions, and material assistance for maternity and baby clothing, food, and other baby items.	700 N Virgen de San Juan Blvd San Juan, TX 78589 956-702-4088 https://www.catholiccharitiesrgv.org/Home.aspx



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Substance Use Disorder Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Palmer Drug Abuse Programs (PDAP)	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 Alcoholics Anonymous.	115 N. 9th McAllen, TX 78501 (956) 687 – 7714 http://www.pdap.com/mcallen.htm
Al Anon Meetings	Local support meetings	Special Friends First Christian Church 1400 N. 10th Street McAllen, TX 78604 956-975-7303 http://texas-al-anon.org/
Behavioral Health Solutions of South Texas	Provides a multilevel approach inclusive of prevention, intervention, treatment, recovery, and research to reduce substance use and related co-existing conditions	5510 N Cage Blvd Pharr, TX 78577 1-800-748-3577 www.bhsst.org
A Vision For You Help Center	Faith based counseling center specializing in addiction support. Counseling services also provided for depression, anxiety, grief, and anger management.	900 S. Veterans Blvd Edinburg, TX 78539 (956) 720-1397 http://www.avisionforyouhc.com/wp/
Program: Recovery Now Agency: South Texas Behavioral Health Center	Incorporates various methods of therapeutic care including evidence-based practices, integration of 12 step principles and outcome-driven approaches to treatment.	2102 W. Trenton Rd. Edinburg, TX 78539 (956) 388-1300 https://southtexashealthsystembehavioral.com/programs-services/specialty-programs/substance-abuse-treatment/
Program: Substance Abuse Services Agency: Tropical Texas Behavioral Health	Services are available to assist individuals who have co-occurring mental health and substance use disorders. Substance abuse aftercare services are also provided through the Federal Court System. Services in the Federal Court System are for adults, assigned to the program by a parole officer, who are awaiting trial, placed on probation or been paroled on drug related charges.	1901 S 24th Ave Edinburg, TX 956-289-7061 http://www.ttbh.org/mental-health-services/substance-use-disorder



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ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Program: Adult Rehabilitation Center Agency: Salvation Army - McAllen	Must be referred by a caseworker. Faith-based addiction treatment offers holistic work-therapy, group and individual counseling sessions, spiritual direction, and life skills development, residents learn to abandon substance reliance. Also offers housing, food, and counseling to residents.	1600 N. 23rd Street McAllen, TX 78501 956-682-1468 https://www.salvationarmytexas.org/combat-addiction/
Program: Recovery Options Agency: Covenant Hills	Offers free crisis counseling for people struggling with addiction and co-occurring disorders, a helpline operator can help you find resources near you to start your recovery process.	Available nationwide 844-277-9386 https://covenanthillstreatment.com/

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 www.rgvmetroconnect.com
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 http://www.mcallen.net/metro/services/a_da.aspx
Valley Metro	Provides public transportation in urbanized and non-urbanized areas of the upper/mid/lower Rio Grande Valley. Fares are \$1.00 for adults (regular fare) and \$0.50 for students, the elderly (60+), the disabled, and veterans. Transfers from one bus to another are free. Children under 7 are free.	510 S. Pleasantview Dr. Weslaco, Texas 78596 1-800-574-8322 http://www.lrgvdc.org/valleymetro/
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 http://unitedwayofsotx.org/our-work/financial-stability/transportation-vouchers/



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Volunteer and Faith-Based Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
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/