



# WE'RE TAMIU TOGETHER WE'RE LAREDO TOGETHER

## Community Resources

Crisis Hotlines *Free and Confidential	
24/7 Corona Virus Hotline	(956)795-4954
Border Region 24-hr Crisis Hotline	1-800-643-1102
Crisis Text Line	Text "START" to 741-741
Suicide Prevention Lifeline	1-800-273-8255
Texas Mental Health Support Line	833-986-1919
TRANS Lifeline	(877) 565-8860
Veteran's Crisis Line	1-800-273-8255

Websites	
7 Cups *Connects you to caring listeners for free emotional support	<a href="https://www.7cups.com/">https://www.7cups.com/</a>
Betterhelp Telehealth Counseling Services *Major insurances accepted	<a href="https://www.betterhelp.com/">https://www.betterhelp.com/</a>
Centers for Disease Control and Prevention	<a href="https://www.cdc.gov/">https://www.cdc.gov/</a>
Free Online Events and Activities for Kids at Home	<a href="https://www.filepicker.io/api/file/f74BdMfwTkSdXZ4i5Z04">https://www.filepicker.io/api/file/f74BdMfwTkSdXZ4i5Z04</a>
Mentally Fit *Coronavirus emergency resources updated daily	<a href="https://start.joinmentallyfit.com/courses/private-practice-toolbox/lectures/14751677">https://start.joinmentallyfit.com/courses/private-practice-toolbox/lectures/14751677</a>
NAMI National Alliance on Mental Illness *COVID-19 Information and Resource guide	<a href="https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf">https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf</a>
Open Path Psychotherapy Collective *Non-profit nationwide network of mental health professionals that provides in-office and telehealth mental health counseling services. Low cost/reduced rate.	<a href="https://openpathcollective.org">https://openpathcollective.org</a>
Psychology Today *Find therapists in your area	<a href="https://www.psychologytoday.com/us/therapists">https://www.psychologytoday.com/us/therapists</a>
TAO-Therapy Assistance Online *Mindfulness library for worry and anxiety	<a href="https://www.taoconnect.org/mindfulness-exercise/">https://www.taoconnect.org/mindfulness-exercise/</a>
TEA-Texas Education Agency *Coronavirus Support and Guidance	<a href="https://tea.texas.gov/texas-schools/health-safety-discipline/coronavirus-covid-19-support-and-guidance">https://tea.texas.gov/texas-schools/health-safety-discipline/coronavirus-covid-19-support-and-guidance</a>
Telehealth Certification Institute *Search for therapists who provide telehealth counseling services and client phone consultations within the state of Texas and throughout the country.	<a href="https://telementalhealthtraining.com/find-a-provider">https://telementalhealthtraining.com/find-a-provider</a>
The TPA Pro Bono Project COVID-19 *Mental Health services for uninsured and underinsured Texans	<a href="https://www.texaspsyc.org/page/ProBonoProject">https://www.texaspsyc.org/page/ProBonoProject</a> Email: <a href="mailto:probono@texaspsyc.org">probono@texaspsyc.org</a>
Warriors Research Institute *Free online mental health services veterans and family members	<a href="https://www.texvet.org/resources/warriors-research-institute">https://www.texvet.org/resources/warriors-research-institute</a> Email: <a href="mailto:WRI@bswhealth.org">WRI@bswhealth.org</a> (254) 716-6208

## Mental Health Agencies

<b>Border Region Behavioral Health Center</b> *Adult Mental Health * Child, Adolescent, and Parent Services Program (CAPS) -Regular hours of operation M-F. Crisis services remain available. Some services provided telephonically. The center remains open for individual who come in to the center, in the process of temperature checks prior to entering the center for staff and client safety.	(956) 794-3000 (956) 794-3157	1500 Pappas St.
<b>Casa Amistad</b> -Center remains open and providing inpatient services. Currently full and not taking in new clients. Visitors for patients currently not permitted to comply with social distancing regulations.	(956) 794-3405	1500 Pappas St.
<b>Children's Advocacy Center</b> -Office remains open with limited staff to answer phone calls. Currently not taking in new clients.	(956) 712-1840	111 N. Merida
<b>PILLAR</b> -Currently taking in new clients. Sessions offered via telephone call. Office is open to schedule an appointment. Fees are \$35.00 for 7 counseling sessions. Payments accepted via Pay Pal. Services M-F 8am-4:30pm.	(956) 615-6953	1403 N. Seymour
<b>TAMIU Community Counseling Center</b> -Currently not taking in new clients. Current clients receiving services via telephone call. Individuals may still call to be added to the waitlist. Leave your name and call back phone number. Services are provided during the spring and fall semester.	(956) 326-3120	5201 Univ. Blvd.
<b>SCAN</b>	(956) 724-3177	1605 Saldaña Ave.

## Medical and Mental Health Clinics

<b>BCFS Health and Human Services</b>	(956) 712-4700	7019 W. Village Blvd. #205
<b>City of Laredo</b> *Health Department * Bridges Project -Currently accepting new clients. Services include mental health counseling and substance treatment. Services being offered online through Zoom or phone call.	(956) 795-4900 (956) 753-3498	2600 Cedar 1403 N. Seymour
<b>Gateway Community Health Center Inc.</b> *Behavioral Health Services	(956) 523-3670	1515 Pappas St.
<b>Mercy Ministries of Laredo</b>	(956) 718-6810	2500 Zacatecas St.

## Treatment Centers and Outpatient Services

<b>AAMA Concilio Hispano Libre</b>	(956) 728-0440	1205 E. Hillside
<b>Calvary Center</b>	(956) 723-1972	102 E. Lyon
<b>Dismas Charities Laredo</b> *Re-entry program for offenders released from state or federal incarceration.	(956) 727-0552	6752 Gilbert Rd
<b>Drug Court Program</b> *Offenders with pending court case program. *Mental health, AA, and other services.	(956) 523-4654	4101 Juarez St.
<b>SCAN</b> *Serenidad Recovery Homes *Youth Recovery Home (13-17yrs.) -Accepting referrals. Visitors are currently not permitted.	(956) 724-3177 (956) 728-9131 (956) 723-0200	1605 Saldana Ave.

## Domestic Violence and Sexual Assault Services

<b>Casa De Misericordia (Women only)</b> -Services continue regularly. Group sessions for women are currently not available.	(956) 712-9591	1000 Mier St.
<b>Doctor's Hospital-Sexual Assault Nurse Examiner</b>	(956) 523-2000	10700 McPherson Rd
<b>Laredo Police Department</b> *Crime Victim Compensation *Crime Victim Assistance Unit	(956) 795-2939	4810 Maher Ave.
<b>SCAN-SASI Program</b>	(956) 724-3177	1605 Saldana Ave.
<b>Webb County DA-Victim's Assistance</b> -Services continue to be provided. An individual may call or go in person and will be serviced by a counselor.	(956) 523-4900	1110 Victoria St. #401

<b>Webb County Sheriff's Dept. Crime Victim's Unit</b>	(956) 718-8084	1110 Washington St.
-Victim service coordinators are working from home. Individuals can call the station and request to speak to a coordinator via telephone call.		

<b>Legal Services</b>		
<b>Family Law Hotline</b>		1-800-777-3247
<b>Family Violence Legal Line</b>		1-800-374-4673
<b>LASSA-Legal Aid for Survivors of Sexual Assault</b>		1-800-991-5153
<b>Sexual Assault Legal Hotline</b>		1-888-296-7233
<b>Sexual Assault Legal Services</b>		1-888-343-4414
<b>TX Rio Grande Legal Aid (TRLA)</b>		1-800-369-2741 1702 Convent Ave.

<b>Veteran Services</b>		
<b>Laredo Vet Center-Readjustment Counseling Services</b>	(956) 723-4680	6999 McPherson Rd Suite 102
-Providing consultations via telephone call and services via teletherapy		
<b>US Dept. of Veterans Affairs –Laredo VA Clinic</b>	(956) 523-7850	4602 N. Bartlett Ave.
<b>Veteran's Treatment Program-Veteran's Court</b>	(956) 523-4969	
*For veteran offenders (misdemeanor/felony) -Servicing through Webex		
<b>Volunteers Serving the Need</b>	(956) 717-2960	1202 Salinas Ave.
<b>Webb County-Veteran's Services (benefits)</b>	(956) 523-4795	1110 Victoria St.
-Individuals must call beforehand and only allowing 10 people in the building at a time. M-F 8-12 and 1-5		

<b>Psychiatrists</b>		
<b>Dr. Rolando Rodriguez MD</b>	(956) 236-4735	1319 Corpus Christi Ste. 2
-Accepting new clients via online. Insurance not accepted.		
<b>Dr. Sanchez, MD Counseling and Therapy Concepts</b>	(956) 724-1131	6262 McPherson Rd. Ste. 104
*Appointments 2:30-7:00pm		

<b>Psychologists *Some Accept Insurance</b>		
<b>Guillermo Gonzalez, Ph. D</b>	(956) 722-3000	6826 Springfield Ave. Ste. 103A
<b>Karen Henderson Ph. D</b>	(956) 337-6996	5219 McPherson Rd. #406
<b>Susan Chanderbhan, Ph. D</b>	(956) 898-1595	5219 McPherson Rd. #312
-Most insurance accepted. Providing services via telehealth and if necessary face-to-face.		

<b>Private Practice Counseling Services *Some Accept Insurance</b>		
<b>A Healthy Image Counseling Services</b>	(956) 724-2345	6826 Springfield Ave. Ste. 102
-Currently accepting new clients. Services provided via telehealth.		
<b>Advance Center for Wellness</b>	(956) 791-0758	6801 McPherson Rd. Ste. 213
-Currently only providing services to established clients through telehealth.		
<b>Alejo Psychotherapy</b>	(956) 608-9744	6999 McPherson Ste. 105
-Accepting new clients. Services offered over the phone, telehealth, and if necessary in person. Insurance accepted.		
<b>Amor Counseling</b>	(956) 568-5857	1812 Commerce Dr. Ste. 2
-Currently only providing services to established clients through telehealth or phone call.		
<b>Belen Cantu Counseling Services</b>	(956) 229-8211	11111 Capistran Loop
<b>Cervantes Counseling Center</b>	(956) 724-4357	6108 McPherson Rd
<b>Daniel Browne, LPC</b>	(956) 725-2555	6900 McPherson Rd
<b>Daisy Counseling Services</b>	(956) 523-0152	5219 McPherson Rd
<b>Gilberto Salinas, Ph. D, LPC-S, LCDC</b>	(956) 254-0765	1701 Jacaman Ste. 12
-Services via Telehealth. Not accepting insurance. Cash, Pay Pal, and checks accepted. \$150.00 per session.		

<b>Jose A. Gonzalez Jr., LPC</b> -Not accepting new clients, seeing ongoing clients online. Most insurances accepted. \$290 initial session, \$145 personality tests, and \$70 ongoing sessions.	(956) 284-0033	6801 McPherson Rd
<b>La Familia Consulting &amp; Counseling Services</b>	(956) 795-0948	1319 Corpus Christi Ste. 1
<b>Laura Perez, LPC</b>	(956) 523-0152	5219 McPherson Rd
<b>Let's Talk Therapy PLLC</b>	(956) 765-1999	1609 N. US HWY 83 Ste. B
<b>Lisa Martinez Counseling Center</b>	(956) 724-4357	6108 McPherson Rd. Ste. 3
<b>Paz De Alma Counseling Care</b>	(956) 744-4069	5702 McPherson Rd. Ste. 16
<b>Professional Counseling Center</b> -Currently providing services to ongoing clients, assisting individuals in a state of crisis.	(956) 791-0335	709 E. Calton Rd. Ste. 109
<b>Sanjuana Hernadnez, LPC</b>	(956) 791-9990	*Home visits only
<b>The Lighthouse Professional Counseling Services</b>	(956) 723-4770	1319 Corpus Christi Ste.3

## Aging and Disability Services

<b>Communication Disorder Center</b>	(956) 326-3138	5201 Univ. Blvd. Cowart Hall
<b>El Metro Lift Paratransit</b>	(956) 795-2290	401 Scott
<b>TX State Aging Department</b>	(956) 725-5196	1500 Arkansas
<b>TX Health and Human Services Commission</b>	(956) 764-5200	500 E. Mann Rd. B4
<b>UISD Cherish Center</b>	(956) 473-1772	8800 McPherson Rd
<b>US Social Security Administration</b>	1-866-704-4857	215 Calle Del Norte

## Shelter Assistance

<b>City of Laredo-Municipal Housing</b> -Open to the public, one person at a time.	(956) 795-2320	559-B Poplar
<b>Catholic Charities-Diocese of Laredo</b>	(956) 722-2443	1919 Cedar Ave.
<b>Bethany House (food and shelter)</b> -Main office is closed. Providing meals 1 person at a time. Shelter is open and individuals are to remain in shelter upon signing up.	(956) 722-4152	817 Hidalgo
<b>Casa La Esperanza (teen pregnancy)</b>	(956) 723-1900	1903 Victoria St.
<b>Habitat for Humanity of Laredo-Webb County</b> -Providing limited services and depends on the circumstance and need.	(956) 724-3227	4703 Warehouse Ln.
<b>Salvation Army</b> -Open from 10am-2pm and servicing one person at a time. The store is closed until further notice.	(956) 723-2349	408 Matamoros
<b>SCAN-Teenage Runaway Homeless Youth Shelter</b>	(956) 725-7211	2417 La Pita Mangana Rd
<b>US Housing Authority</b> -Open to the public, limiting how many individuals can be serviced at a time.	(956) 723-4662	500 Richter Rd

## Nutrition Assistance

<b>Bethany House Food Pantry and Soup Kitchen</b> -Meals provided as sack lunches. Breakfast 9-9:30am, Lunch 12-12:30pm, Dinner 4:30-5pm. Volunteer program suspended. Taking in individuals from 6-7pm M-F	(956) 722-4152	817 Hidalgo St.
<b>Dusty's Food Pantry *TAMIU Students only</b> Student Process: 1.Complete the Dusty's Food Pantry Spring 2020 Form 2.Schedule a visit through <a href="http://dustysfoodpantry.timetap.com">dustysfoodpantry.timetap.com</a>	(956) 326-2265	Student Center 225
<b>Joseph Store House</b> -Allowing 8 people at a time. Hours of operation T-F 10-6pm, Sat 10-3pm.	(956) 712-0655	3119 N. Meadow Ave.
<b>Laredo Regional Food Bank</b>	(956) 723-3725	2802 Anna Ave.
<b>Meals on Wheels- Senior and Mobile Food Pantry</b> -Services fully operational, income based. Hours M-F 8-5pm	(956) 722-6078	500 E. Mann Rd.
<b>Rio Bravo Community Food Bank</b>	(956) 771-1841	516 Rio Rojo Rd
<b>South Texas Food Bank</b> -COVID-19 Emergency Food Distributions every Tues, Wed, and Thurs 8:30-11:00 and 1:30-3:30pm. ID required.	(956) 726-3120	2121 Jefferson St.

<b>TX Health and Human Services Commission</b> *SNAP-Supplemental Nutrition Assistance Program -Office open for drop off applications only.	(956) 764-5200	500 E. Mann Rd
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### State Services in Texas

<b>211 Texas Health and Human Services</b>	Dial 2-1-1 877-541-7905	
<b>TX Department of Family and Protective Services</b> *Report known or suspected abuse or neglect	(956) 764-6040 1-800-252-5400	4611 N. Foster Ave.
<b>Workforce Solutions of South Texas</b>	(956) 794-6500	2889 E. Saunders

### Office of Student Counseling and Disability Services

**Texas A&M International University**

**Student Center Rm 128**

**5201 University Boulevard**

**Laredo, TX 78041**

**(956) 326-2230**

<https://www.tamtu.edu/counseling/>