

# Community/Referral Resource Guide

TAMIU STUDENT COUNSELING SERVICES

5201 Univ. Blvd., Laredo, Texas; STC 128

(956) 326-2230; **PRESS 3** (*CRISIS counselor for TAMIU students*)

## IN AN EMERGENCY OR CRISIS

<b>Emergency</b>	<b>National Human Trafficking Hotline</b>
Dial 911; TAMIU PD 326-2911	1-888-373-7888 (TTY 711) *Text "BeFree" 233733
<b>TAMIU Counseling Crisis Service (for enrolled TAMIU students)</b>	<b>Crisis Text Line</b>
956-326-2230 PRESS 3 (speak with a crisis clinician)	Text "HOME" to 741-741
<b>Border Region 24-hr Crisis Hotline</b>	<b>Veteran Crisis Line</b>
1-800-643-1102	Call 988 (press 1) or Text 838-255
<b>Covid-19 Mental Health Support Line</b>	<b>TRANS Lifeline</b>
(833) 986-1919	(877) 565-8860
<b>National Runaway Safeline</b>	<b>TX-Mental Health America Warmline</b>
1-800-RUNAWAY (1-800-786-2929)	(817) 546-7826 or Text "MHA" to 741-741
<b>National Suicide Prevention Lifeline</b>	<b>National Suicide and Crisis Hotline</b>
Call or Text 988	Call or Text 988 <a href="https://www.988lifeline.org">Talk To Someone Now : Lifeline (988lifeline.org)</a> (press 1 for veterans, 2 for Spanish)
<b>Disaster Distress Helpline</b>	<b>National Suicide Prevention Lifeline Website</b>
Call or Text 1-800-985-5990 <i>24/7 Videophone for Deaf/HoH/ASL</i>	<a href="https://www.988lifeline.org">Lifeline (988lifeline.org)</a>

## LGBT SUPPORT RESOURCES

<b>LGBT National Help Center</b>	<b>Trevor Project Crisis Line – LGBTQ Youth</b>
1-888-843-4564 <a href="https://www.glnh.org">www.glnh.org</a>	1-866-4-U-TREVOR (488-7386) Text "START" to 678-678 or Chat Online <a href="https://www.thetrevorproject.org/get-help/">https://www.thetrevorproject.org/get-help/</a>
<b>LGBT National Youth Talkline</b>	

1-800-246-PRIDE (1-800-246-7743)  
[www.glnh.org/talkline](http://www.glnh.org/talkline)

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

### National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)  
1-800-787-3224 (hearing impaired line)

### Casa De Misericordia

(956) 712-9591

### Webb County DA-Victim Assistance

(956) 523-4900

### Laredo Police Department

-Crime Victim Compensation  
-Crime Victim Assistance Unit

(956) 795-2939

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673) [www.rainn.org](http://www.rainn.org)

### Doctor's Hospital-Sexual Assault Nurse Examiner

(956) 523-2000

### SCAN-SASI Program

(956) 724-3177

## TREATMENT RESOURCES

### AAMA Concilio Hispano Libre

(956) 728-0440

**Drug Court Program** \*offenders with pending court case

### Calvary Center

(956) 723-1972

**Dismas Charities Laredo** \*re-entry program for offenders from state or federal incarceration



(956) 523-4797  
-mental health, AA, and other services

**SCAN** \*Serenidad Recovery Homes

(956) 253-9637 or (956) 728-9131

**Nar-Anon Family Groups**

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

**ROOTS Recovery Center**

(956)679-2826  
<https://www.cityoflaredo.com/departments/detoxification-department/treatment-services>

(956) 727-0552

**Alcoholics Anonymous**

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)  
[www.alanon.alateen.org/local-meetings](http://www.alanon.alateen.org/local-meetings)

**Narcotics Anonymous**

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

**MENTAL HEALTH AGENCIES**

**Border Region Behavioral Health Center**

(956) 794-3000

**Casa Amistad**

(956) 794-3405

**Children's Advocacy Center**

(956) 712-1840

**Pillar**

(956) 723-7457

**TAMIU-Community Counseling Center**

(956) 326-3120

**SCAN**

(956) 724-3177

**HEALTH CLINICS** \*some provide mental/behavioral health services

**City of Laredo Health Department**

(956) 795-4900

**Gateway Community Health Center**

**Mercy Ministries of Laredo**

(956) 718-6810

(956) 523-3670

## VETERAN SERVICES

### Laredo Vet Center-Readjustment Combat Counseling Services

(956) 723-4680

### US Dept. of Veterans Affairs-Laredo VA Clinic

(956) 523-7850

### Veteran's Treatment Program-Veteran's Court

(956) 523-3514

### Volunteers Serving the Need (VSTN)

(956) 717-2960

### Webb County Veteran's Services (Benefits)

(956) 523-4399

## PSYCHIATRISTS

### Homero Sanchez, MD

(956) 724-1131

## PSYCHOLOGISTS

### Susan Chanderbhan, Ph.D

(956) 898-1595

### Guillermo Gonzalez, Ph.D

(956) 722-3000

### Karen Henderson, Ph.D

(956) 337-6996

## PRIVATE PRACTICE COUNSELING SERVICES

<b>A Healthy Image Counseling Services</b>	<b>Healthy Alliance Counseling, LLC</b>
(956) 724-2345	(956) 253-1056
<b>Advance Center for Wellness</b>	<b>Jose A. Gonzalez Jr., LPC</b>
(956) 727-6016	(956) 284-0033
<b>Alejo Psychotherapy</b>	<b>La Familia Consulting and Counseling Services</b>
(956) 608-9744	(956) 795-0948
<b>Amor Counseling</b>	<b>Laura Perez, LPC</b>
(956) 568-5857	(956) 523-0152
<b>Belen Cantu Counseling Services</b>	<b>Let's Talk Therapy, PLLC</b>
(956) 229-8211	(956) 765-1999
<b>Cervantes Counseling Center</b>	<b>Lisa Martinez Counseling Center</b>
(956) 724-4357	(956) 724-4357
<b>Daniel Browne, LPC</b>	<b>Paz De Alma Counseling Center</b>
(956) 725-2555	(956) 744-4069
	<b>Professional Counseling Center</b>
	(956) 791-0335

**Daisy Counseling Services**

(956) 523-0152

**Gilberto Salinas, Ph.D, LPC-S, LCDC**

(956) 795-8101

**San Juana Hernandez, LPC**

(956) 717-0705

**The Lighthouse Professional Counseling Services**

(956) 723-4770

**AGING AND DISABILITY SERVICES**

**Communication Disorder Clinic**

(956) 326-3138

**El Metro Lift Paratransit**

(956) 795-2290

**US Social Security Administration**

1-866-704-4857

**TX Health and Human Services Commission**

(956) 764-5200

**UISD Cherish Center**

(956) 473-1771

**SHELTER ASSISTANCE**

**City of Laredo-Municipal Housing**

(956) 795-2320

**Catholic Charities-Diocese of Laredo**

**(956) 722-2443**

**Bethany House (meals and shelter)**

(956) 722-4152

**Habitat for Humanity of Laredo-Webb County**

(956) 724-3227

**Salvation Army**

(956) 723-2349

**SCAN-Teenage Runaway Homeless Youth Shelter**

(956) 725-7211

<b>Casa La Esperanza (teen pregnancy)</b>	<b>US Housing Authority</b>
(956) 623-0403	(956) 723-4662 or (956) 726-4106
<b>Homeowner's HOPE Hotline</b>	<b>US Department of Housing and Urban Development</b>
1-888-995-HOPE (4673) *confidential foreclosure prevention counseling 24/7	<a href="#">Rental Help: Texas   HUD.gov / U.S. Department of Housing and Urban Development (HUD)</a>
<b>US Department of Housing and Urban Development</b>	<b>Texas Department of Housing and Community Affairs</b>
<a href="#">Housing Resources for Seniors: Texas   HUD.gov / U.S. Department of Housing and Urban Development (HUD)</a> *Services for seniors/elderly.	Toll Free: 800-525-0657 <a href="#">Community Affairs (state.tx.us)</a> *Affordable housing and utility/energy assistance programs.

## NUTRITION ASSISTANCE

<b>Bethany House Food Pantry and Soup Kitchen</b>	<b>Meals on Wheels-Senior Mobile Food Pantry</b>
(956) 722-4152	(956) 722-6078
<b>Dusty's Food Pantry -TAMIU Students ONLY</b>	<b>Rio Bravo Food Bank</b>
<b>(956) 326-2265</b>	(956) 771-1841
<b>Joseph Store House</b>	<b>South Texas Food Bank</b>
(956) 568-0502	(956) 726-3120
<b>Laredo Regional Food Bank</b>	<b>TX Health and Human Services Commission-SNAP</b>
(956) 723-3725	(956) 764-5200

## LEGAL SERVICES

<b>Family Law Hotline</b>	<b>Sexual Assault Legal Hotline</b>
1-800-777-3247	1-888-296-7233
<b>Family Violence Legal Line</b>	<b>Sexual Assault Legal Services</b>

**1-800-374-4673**

**Legal Aid for Survivors of Sexual Assault (LASSA)**

1-800-991-5153

**Legal Advice**

[www.findlaw.com](http://www.findlaw.com)

1-888-343-4414

**TX Rio Grande Legal Aid (TRLA)**

1-800-369-2741

**Lone Star Legal Aid**

[Lone Star Legal Aid • Justice has no boundaries](#)

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## WEBSITES

**7 Cups \*Caring listeners for free emotional support.**

<https://www.7cups.com/>

**Betterhelp Telehealth Counseling Services**

<https://www.betterhelp.com/>

**Centers for Disease Control and Prevention**

<https://www.cdc.gov/>

**Headway**

[Therapists Near Me | Headway](#)

**NAMI National Alliance on Mental Illness**

<https://www.nami.org>

**Open Path Psychotherapy Collective**

<https://openpathcollective.org>

**Talk Space**

<https://try.talkspace.com/>

**TAO-Therapy Assistance Online \*mindfulness library**

<https://www.taoconnect.org/mindfulness-exercise/>

**TEA-Texas Education Agency**

[Coronavirus \(COVID-19\) Support and Guidance | Texas Education Agency](#)

**Telehealth Certification Institute**

<https://telementalhealthtraining.com/find-a-provider>

**The Texas Psychological Association Pro Bono Project**

<https://www.texaspsyc.org/page/probonoproject>

**Verywell Mind**

[Verywell Mind - Know More. Live Brighter.](#)



**Psychology Today**

<https://www.psychologytoday.com/us/therapists>

**SAMHSA'S National Helpline**

<http://findtreatment.SAMHSA.gov>

**Warriors Research Institute** \*for veterans and their families

<https://www.texvet.org>

**National Council for Mental Wellbeing**

[TheNationalCouncil.org](http://TheNationalCouncil.org) (click on "Find a Provider")

