



Texas A&M International University - Student Counseling

Referral Resource Guide

TAMIU STUDENT COUNSELING SERVICES
(956) 326-2230; PRESS 3 (crisis counselor for TAMIU students)

5201 Univ. Blvd., Laredo, Texas; STC 126

IN AN EMERGENCY OR CRISIS

Emergency
Dial 911; TAMIU PD 326-2911
TAMIU Counseling Crisis Service (for enrolled TAMIU students)
956-326-2230 PRESS 3 (speak with a crisis clinician)
Border Region 24-hr Crisis Hotline
1-800-643-1102
Texas Mental Health Support Line
(833) 986-1919
National Runaway Safeline
1-800-621-4000

National Suicide Prevention Lifeline
1-800-273-TALK (8255) (<i>press 1 for veterans, 2 for Spanish</i>)
Crisis Text Line
Text "START" to 741-741
Veteran Crisis Line
1-800-273-8255
TRANS Lifeline
(877) 565-8860
TX-Mental Health America Warmline
(817) 546-7826

LGBT SUPPORT RESOURCES

LGBT National Help Center
1-888-843-4564 https://lgbthotline.org
LGBT National Youth Talkline
1-800-246-PRIDE (1-800-246-7743) www.glnh.org/talkline

Trevor Project Crisis Line – LGBTQ Youth
1-866-4-U-TREVOR (488-7386) www.theTrevorProject.org

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 (hearingimpairedline)
Casa De Misericordia
(956) 712-9591

National Sexual Assault Hotline
1-800-656-HOPE (4673)
RAINN (Rape, Abuse & Incest National Network)
1-800-656-HOPE (4673) www.rainn.org
Doctor's Hospital-Sexual Assault Nurse Examiner
(956) 523-2000



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Webb County DA-Victim Assistance

(956) 523-4900

Laredo Police Department

-Crime Victim Compensation
-Crime Victim Assistance Unit
(956) 795-3160

SCAN-SASSI Program

(956) 724-3177

TREATMENT RESOURCES

AAMA Concilio Hispano Libre

(956) 277-2157

Drug Court Program *offenders with pending court case

(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

Dismas Charities Laredo

*re-entry program for offenders from state or federal incarceration

(956) 727-0552

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

www.al-anon.alateen.org/local-meetings

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)

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

(956) 795-8100

Mercy Ministries of Laredo

(956) 718-6810

Gateway Behavioral Health Center

(956) 523-3670





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VETERAN SERVICES

Laredo Vet Center-Readjustment Counseling Services

(956) 723-4680

US Dept. of Veterans Affairs-Laredo VA Clinic

(956) 523-7850

Veteran's Treatment Program-Veteran's Count

(956) 523-4797

Volunteers Serving the Need (VSTN)

(956) 717-2960

Webb County Veteran's Services (Benefits)

(956) 523-4399

PSYCHOLOGISTS

Susan Chanderbhan, Ph.D

(956) 898-1595

Guillermo Gonzalez, Ph.D

(956) 722-3000

PRIVATE PRACTICE COUNSELING SERVICES

AHealthyImage Counseling Services

(956) 724-2345

Advance Center for Wellness

(956) 727-6016

Alejo Psychotherapy

(956) 608-9744

Amor Counseling

(956) 568-5857

Belen Cantu Counseling Services

(956) 229-8211

Cervantes Counseling Center

(956) 724-4357

Daniel Browne, LPC

(956) 725-2555

Daisy Counseling Services

(956) 523-0152

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

(956) 265-3128

Healthy Alliance Counseling, LLC

(956) 253-1056

Jose A. Gonzalez Jr., LPC

(956) 284-0033

La Familia Consulting and Counseling Services

(956) 795-0948

Laura Perez, LPC

(956) 523-0152

Let's Talk Therapy, PLLC

(956) 765-1999

Lighthosue Professional Counseling Services

606-834-0020

Lisa Martinez Counseling Center

(956) 724-4357

Paz De Alma Counseling Center

(956) 744-4069

Professional Counseling Center

(956) 791-0335



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AGING AND DISABILITY SERVICES

Communication Disorder Clinic

(956) 326-31

El Metro Lift Paratransit

(956) 795-2290

TX Health and Human Services Commission

(956) 764-5200

UISD CherishCenter

(956) 473-1771

US Social Security Administration

1-(800)772-1213

SHELTER ASSISTANCE

City of Laredo-MunicipalHousing

(956) 795-2320

Catholic Charities-Diocese of Laredo

(956) 722-2443

Bethany House (meals and shelter)

(956) 722-4152

Casa La Esperanza (teen pregnancy)

(956) 635-0403

Homeowner's HOPE Hotline

1-888-995-HOPE (4673) *confidential foreclosure prevention counseling 24/7

US Department of Housing and Urban Development

Housing Resources for Seniors: Texas | [HUD.gov](https://www.hud.gov) / U.S. Department of Housing and Urban Development (HUD)
*Services for seniors/elderly

Habitat for Humanity of Laredo-Webb County

(956) 724-3227

Salvation Army

(956) 723-2349

SCAN-Teenage Runaway Homeless Youth Shelter

(956) 725-7211

US Housing Authority

(956) 722-4521

US Department of Housing and Urban Development

Rental Help: Texas | [HUD.gov](https://www.hud.gov) / U.S. Department of Housing and Urban Development (HUD)

Texas Department of Housing and Community Affairs

Toll Free: 800-525-0657 [Community Affairs \(state.tx.us\)](https://www.communityaffairs.state.tx.us)
*Affordable housing and utility/energy assistance programs

NUTRITION ASSISTANCE

Bethany House Food Pantry and Soup Kitchen

(956) 722-4152

Dusty's Food Pantry -TAMIU Students ONLY

(956) 326-2265

Joseph Store House

(956) 712-0655

Laredo Regional Food Bank

(956) 723-3725

Meals on Wheels-Senior Mobile Food Pantry

(956) 722-6078

Rio Bravo Community Food Bank

(956) 771-1841

South Texas Food Bank

(956) 726-3120

TX Health and Human Services Commission-SNAP

(956) 764-5200



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LEGAL SERVICES

Family Law Hotline
1-800-777-3247
Family Violence Legal Line
1-800-374-4673
Texas Rio Grande Survivors Rights Program
1-800-991-5153
Legal Advice
www.findlaw.com

Sexual Assault Legal Hotline
1-800-656-4673
Sexual Assault Legal Services
1-888-343-4414
TX Rio Grande Legal Aid (TRLA)
(956)996-8752

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/
NAMI National Alliance on Mental Illness
https://www.nami.org
Open Path Psychotherapy Collective
https://openpathcollective.org
Psychology Today
https://www.psychologytoday.com/us/therapists
SAMHSA'S National Helpline
http://findtreatment.SAMHSA.gov

Talk Space
https://try.talkspace.com/
TEA-Texas Education Agency
Coronavirus (COVID-19) Support and Guidance Texas Education Agency
Telehealth Certification Institute
https://telementalhealthtraining.com/find-a-provider
Talk Space
https://try.talkspace.com
Warriors Research Institute *For veterans and their families
https://www.texvet.org
National Council for Mental Wellbeing
TheNationalCouncil.org (click on "Find a Provider")

