

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

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

LGBT SUPPORT RESOURCES

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

1-800-246-PRIDE (1-800-246-7743)
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) 795-3160

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

SCAN-SASI Program

(956) 724-3177

TREATMENT RESOURCES

AAMA Concilio Hispano Libre

(956) 277-2157

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

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
www.alanon.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

Mercy Ministries of Laredo

(956) 718-6810

Gateway Behavioral Health Center

(956) 795-8100

(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) 523-4797

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

PRIVATE PRACTICE COUNSELING SERVICES

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

Daisy Counseling Services

(956) 523-0152

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

(956) 795-8101

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

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

NUTRITION ASSISTANCE

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

LEGAL SERVICES

Family Law Hotline	Sexual Assault Legal Hotline
1-866-292-4636	1-800-656-4673
Family Violence Legal Line	Sexual Assault Legal Services

1-800-374-4673

Texas Rio Grand Survivors rights program

1-800-991-5153

Legal Advice

www.findlaw.com

1-888-343-4414

TX Rio Grande Legal Aid (TRLA)

(956)996-8752

Lone Star Legal Aid

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

02/2024

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/>

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

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](https://www.thenationalcouncil.org) (click on "Find a Provider")

