



## Resource List for Family Supports

### LOCAL RESOURCES

*\*\* Local Mental Health Authority (LMHA) assist with mental health crisis and with an Outreach, screening, assessment and referral (OSAR) below are the hotline numbers for your area\*\**

El Paso – Emergence Health Network (877-562-6467)

Laredo – Border Region Behavioral Health Center (800-643-1102)

Lubbock – Starcare Specialty Health System (806-740-1414 or 800-687-7581)

Rio Grande Valley – Tropical Texas Behavioral Health (877-289-7199)

El Paso – Local Resource

#### Aliviane Inc.

Aliviane Youth and Family Outpatient serves children, adolescents, adults, and families in need of substance use and/or mental health counseling. Counselors and therapists are trained to treat a variety of behavioral health concerns, including trauma, depression, anxiety, substance use disorders, and other mental health or behavioral concerns.

**Location:**

1626 Medical Center Dr.  
El Paso, TX 79902

**Website:**

<http://www.aliviane.org>

**Staff:**

Carolina Gonzalez (Contact)  
[cgonzalez@aliviane.org](mailto:cgonzalez@aliviane.org) - (915) 782-4000

Jessica Thomas (Contact)  
[jthomas@aliviane.org](mailto:jthomas@aliviane.org) - (915) 782-4023

## Laredo – Local Resource

### Serving Children and Adolescents in Need (S.C.A.N)

The Border Traumatic Stress Response Center is a program of Serving Children and Adults in Need (SCAN) in Laredo, TX. The Center provides individual counseling services to youth that have experienced or witnessed a traumatic event including sexual and physical abuse, traumatic grief, and exposure to family, community or school violence. The Center partners with community stakeholders representing local school districts, law enforcement, juvenile justice, behavioral health and substance abuse treatment, and child welfare.

**Website:**

<http://www.scan-inc.org>

**Staff:**

Susana Rivera (Principal Investigator)

[susana@scan-inc.org](mailto:susana@scan-inc.org) - (956) 724-3177

## RGV – Local Resource

### Behavioral Health Solutions of South Texas

Behavioral Health Solutions of South Texas (BHSST) provides a multilevel approach inclusive of prevention, intervention, treatment, recovery and research to reduce substance abuse and related co-existing conditions in our communities, encourage healthier life-style related to at risk public health behaviors, and promote stronger families. Our multi-level approach centers on age appropriateness, cultural and language relevancy in an environment that is research and outcome based. BHSST aims to be a leader in the development of resources appropriate to its communities by strengthening collaborations and engaging community members to guide our efforts.

Contact Us

Behavioral Health Solutions of South Texas

**Location**

Address: 5510 N Cage Blvd, Pharr,  
TX 78577, USA

Website:

<https://www.bhsst.org/>

Email: [info@bhsst.org](mailto:info@bhsst.org)

Contact No.: 1-800-748-3577



## **Mental Health TX.ORG**

This website was developed with the goal of providing information, resources and direction to Texas residents who may have mental health related needs or who want to support someone who does.

<https://mentalhealthtx.org/>

## **School Mental Health Supports**

<https://txhhs.maps.arcgis.com/home/webmap/viewer.html?webmap=784b594122ea4c91ac0510100697e03d>

## **Statewide hotline 833-986-1919**

Offers COVID-19 related mental health support for all Texans.

People can call the statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week.

## **Health and Human Services**

Services related to aging, housing, mental health and substance abuse, financial, disability, health and safety.

<https://hhs.texas.gov/hhs-services>

## **Texas Department of Family Services**

1-800-252-5400 or <http://www.txabusehotline.org>

## **211 TEXAS**

Dial 211 or 877-541-7905 [www.211texas.org](http://www.211texas.org)

Information and community resources via zip code.

Food pantries, housing, childcare, medical or behavioral health services, and more.

## **NATIONAL RESOURCES**



National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or [Live Online Chat](#)

If you or someone you know is suicidal or in emotional distress, contact the [National Suicide Prevention Lifeline](#). Trained crisis workers are available to talk **24 hours a day, 7 days a week**. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

### **SAMHSA (Substance Abuse and Mental Health Service Administration)**

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8am to 8pm EST.

SAMHSA Treatment Referral Helpline, 1-877-726-4727  
<https://findtreatment.samhsa.gov/>    [www.samhsa.gov](http://www.samhsa.gov)

## **NATIONAL CRISIS HOTLINES**

**Child Sexual Abuse.** [Stop It Now!](#) Phone: 1-888-PREVENT (1-888-773-8368)

**Crime Victims.** [National Center for Victims of Crime](#). Phone: 1-855-4VICTIM (1-855-484-2846)

**Dating Abuse.** [Love is Respect](#). Phone: 1-866-331-9474, TTY: 1-866-331-8453, or Text LOVEIS TO 22522

**Domestic Violence.** [National Domestic Violence Hotline](#). Phone: 1-800-799-SAFE (1-800-799-7233), TTY: 1-800-787-3224

**Missing and Abducted Children.** [Child Find of America, Inc.](#) Phone: 1-800-I-AM-LOST (1-800-426-5678), or [National Center for Missing & Exploited Children](#). Phone: 1-800-THE-LOST (1-800-843-5678)

**Rape and Sexual Abuse.** [Rape, Abuse & Incest National Network](#). Phone: 1-800-656-HOPE (1-800-656-4673)

**Runaway and Homeless Youth.** [National Runaway Safeline](#). Phone: 1-800-RUNAWAY (1-800-786-2929), or Text: 66008