

Free & Low-Cost Community Provider Resources

The Counseling & Training Clinic at TAMUCC - (361)825-3988

Texas A&M-CC Campus, Natural Resource Center Building, 2nd Floor, Suite 2700

Hours: 12pm-9pm (Tues, Wed, Thurs during Spring, Summer and Fall terms)

<http://cnep.tamucc.edu/ctc.html>

Individual, couples and family therapy. The clinic, which is run by the TAMU-CC Counseling Department and staffed by masters and doctoral interns, doesn't have a receptionist. Call and leave a message with your phone number and a counselor will call you back to schedule an appt. Turn right at the first entrance to the university, the NRC building is the 2nd building on the right and the clinic is on the second floor. **Free for the community & students.**

Family Counseling Services - (361)852-9665

3833 S. Staples, Suite S203 (South Building), 78411

Hours: 8:30am-8:00pm (Mon - Thurs), 8:30am-5:00pm (Fri)

<http://www.ccfamilyservices.org>

Individual, couples, family therapy. Sliding scale fee. Medicaid and most insurance accepted.

South Texas Children's Home Ministries - (361)991-8680

4438 South Staples, 78411

<http://www.stchm.org/our-ministries/family-counseling/>

Christian-based counseling for children, families, couples, and individuals. Counseling services are provided at no charge, although donations toward services are accepted and appreciated.

Women's Shelter of South Texas - (361)881-8888

813 Buford St., 78404

<http://www.thewomensshelter.org/>

Free counseling services for survivors of abuse or violence.

Coastal Bend Wellness Foundation - (361)814-2001 or (800)982-9629

5633 S Staples St, 78411

Hours: 9:00a.m.-5:30 p.m., (Mon - Fri)

Project PRIDE offers free counseling and case management services for MSM's (Men Who Have Sex With Men). The program focuses on introducing tools to help with problem solving, coping with stress, setting goals and understanding the connection between feelings, thoughts and actions. General mental health counseling is also available for LGBTQ youth and adults.

Behavioral Health Center of Nueces County - (361) 886-6970

1546 S. Brownlee, 78404

<http://bhcnc.net/mental-health-services/>

Free services for residents of Nueces County who struggle with severe and persistent mental health issues. Intake appointments are available on a walk-in basis to determine eligibility for services and treatment needs. Services include crisis treatment, monitoring, screening and assessment, and psychiatry services.

Catholic Charities - (361) 884-0651

615 Oliver Court, 78408

<http://catholiccharities-cc.org/counseling>

Children, adult and couples counseling services offered to provide supportive guidance, options, and techniques for overcoming dysfunctional or self-defeating behavior and stress, depression, anxiety or feelings of guilt. The initial session fee is \$20 with subsequent sessions based on the ability to pay (income/sliding scale), however donations toward services are accepted and appreciated.