



COMMUNITY CONNECTION TOOLKIT

Your guide to local clinics, social services, and more!

WHAT'S INSIDE

This toolkit offers a range of services designed to support TAMU-CC students. Whether you're facing a challenge or simply looking to strengthen your well-being, you'll find timely, flexible resources to help you build skills, achieve your goals, and thrive.

Page 3	Counseling
Page 5	Local Psychiatrists
Page 6	Psychological Assessment Providers
Page 7	Alcohol and Other Drugs
Page 8	Medical
Page 9	Outpatient Care
Page 10	Support Groups
Page 11	Additional Resources

Counseling

AS&J Counseling Services

226 South Enterprize Pkwy, Ste. 120, Corpus Christi, TX
300 B 8th Ave., Portland, TX
[361-888-8834](tel:361-888-8834)

Home visits, after hours and weekend appointments are available. AS&J now provides **sliding scale fee and free counseling** for adolescents and adults. Languages offered: English, Spanish

Amistad Health- Behavioral Services

1533 S. Brownlee Blvd. Corpus Christi, TX
[361-886-3065](tel:361-886-3065)

Sliding fee scale starting at **\$15** for counseling. Individual and group counseling. Substance abuse recovery services available. Languages offered: English, Spanish, ASL

Benevie Counseling & Consulting

4814 Everhart Rd. Corpus Christi, TX
1504 S 6th St. Ste.#2 Kingsville, TX
[361-229-7218](tel:361-229-7218)

General mental health counseling for individuals, couples, and families. **Most major insurances accepted**. Languages offered: English

Coastal Bend Psychological Assoc.

5959 S. Staples St. Ste. 200 Corpus Christi, TX
601 E Kleberg Ave. Kingsville, TX
[361-442-4024](tel:361-442-4024)

General mental health counseling for individuals, couples, and families. **Most major insurances accepted**. Languages offered: English

Coastal Bend Wellness Foundation

2882 Holly Rd. Corpus Christi, TX 78415
[361-814-2001](tel:361-814-2001)

General mental health counseling for individuals and couples and those struggling with substance misuse. **Most major insurances accepted; sliding fee scale for uninsured**. Languages offered: English, Spanish



Counseling & Training Clinic at TAMUCC

6300 Ocean Dr. Natural Resource Bldg. Ste. 2700
[361-825-3988](tel:361-825-3988)

Individual, couples, and family counseling provided by counseling student interns. **Donation-based services (\$5 a session-cap at \$20 a month)**. Languages offered: English

Distinctive Counseling & Consulting

4646 Corona Drive Ste. 216 Corpus Christi, TX
13330 Leopard St. Ste. 25&26 Corpus Christi, TX
[361-547-5541](tel:361-547-5541)

Individual, couples, families, and child/adolescent counseling. Services include play therapy, EMDR, trauma-informed care, and adoption and kinship support. **Insurance accepted**. Languages offered: English.

Family Counseling Services

3833 S. Staples, Ste. 203 Corpus Christi, TX
603 E Kleberg Kingsville, TX
[361-852-9665](tel:361-852-9665)

General mental health counseling for individuals, couples, and families. Crime victim services provided. **Accepts new clients last 2 weeks of every month. Most major insurances accepted; sliding fee scale for uninsured**. Languages offered: English, Spanish

Fourishing Hope Counseling

Tele-mental health services only
[361-355-5558](tel:361-355-5558)

Online individual and couples therapy for narcissistic abuse, trauma, and grief. **Individual Sessions=\$195-\$225; Couples Sessions=\$285**. Languages offered: English

Journey to Balance Counseling

5151 Flynn Pkwy. Corpus Christi, TX
361-452-0770

Adult individual and couples counseling. EMDR and Sandtray therapy provided. **Most major Insurance accepted.** Languages offered: English, Spanish

LIV Counseling

361-317-6362

Tele-mental health services primarily provided. In-person counseling limited to weekends only. **Most insurance accepted. Self-pay is \$90-\$300.** Languages offered: English, Spanish

My Healing Center

5433 S. Tanchua St. Corpus Christi, TX
361-585-4664

General mental health counseling for adult individuals, couples, and families. **Self-pay counseling.** Languages offered: English

Regeneration Counseling

5151 Flynn Pkwy Ste. 412A Corpus Christi, TX
361-299-4971

General mental health individual counseling for adults. **Most major insurances accepted. Self-pay: Initial Intake=\$125; Individual Sessions=\$120.** Languages offered: English

Steady Light Counseling

11649 Leopard St. Suite#2, Corpus Christi, TX
361-249-1467

Provides individual, couples, and family counseling. Call or text the number to schedule. **Most major insurances accepted. Self-pay fees varies, starting at \$80/session.** Languages offered: English

STCH Ministries

4438 S. Staples St. Corpus Christi, TX
361-991-8680

General mental health counseling for individuals, couples, and families. **Low-cost counseling: Donation-based services.** Languages offered: English

Strengthening Wellness

4400 S. Padre Island Dr. Ste. 206 Corpus Christi, TX
361-462-4328

General mental health counseling for individuals 18+. Specialty therapies provided for Latinas, Therapists, LGBTQIA+, and Neurodivergent Adults. **Self paying: Senior Clinicians=\$150/session; Associate Clinicians=\$75/session; Counselor Interns=\$25/session \$50/couples** Languages offered: English, Spanish

Woodworks Therapy

3765 S. Alameda St. Ste. 422 Corpus Christi, TX
361-434-0299

Adult individual counseling. Specialties include LGBTQIA+, men's issues, trauma, intimacy, and sexual health. **Self-paying: Individual Sessions=\$100; Couples/Relationship Counseling=\$185 (+\$30 per additional partner beyond two).** Languages offered: English.



Local Psychiatrists

Bay Area Psychiatry Services

26000 S. Staples St. Ste. 406, Corpus Christi, TX
361-459-7783

Provides adult psychiatry, child & adolescent psychiatry, intensive outpatient programs (IOP), NeuroStar TMS Therapy, and psychotherapy services. **Most major insurances accepted.** Languages offered: English.

Gulf Coast Behavioral Clinic

3126 Rodd Field Rd. Corpus Christi, TX
361-452-6898

Requires medical records from your primary care provider, psychiatrist, or psychologist. Please have your provider fax the referral to the office. **Insurance is not required.** Languages offered: English.

Kourtne Roberts, MD

Telemed only
361-703-5026

Specialties are as follows: ADHD, Anxiety Disorders, Bereavement, Depression, Personality Disorders, Premenstrual Dysphoric Disorder, Schizoaffective Disorder, and Tourette and other Tic Disorders.

Private pay only: Initial=\$350; Follow-ups=\$185.

Languages offered: English

Rodney Prater, PMHNP

6262 Weber Rd. Ste. 120, Corpus Christi, TX
361-850-8300

Provides adult psychiatric services. **Accepts most major insurances. Self-pay fees: Initial=\$350; Follow-ups=\$170.** Languages offered: English.

South Texas Mental Health Assoc.

21321 Glenoak Dr. Corpus Christi, TX
361-356-1234

Services offered are medication management, TMS Therapy, and Psychotherapy (DBT, EMDR). ADHD assessment and treatment and Veterans Mental Health services provided. **Most major insurances accepted.** Languages offered: English

ZenDeva Wellness

Telemed Only
361-585-9497

Telemed services include Psychiatric Assessment and Evaluation, Psychotropic Medication Management, Supportive Therapy, Emotional Support Animal Assessment and Letter, and Bariatric Surgery Psychiatry Assessment and Clearance Letter. **Most major insurances accepted. Self-pay fees: Initial=\$300; Follow-up Comprehensive Medication Management=\$150; Follow-up Medication Management=\$75; Bariatric Surgery Psychiatric Eval and Clearance Letter=\$175; ESA Assessment and Letter=\$175; Psychotherapy=\$200.** Languages offered: English.



Psychological Assessment Providers

Alan T. Fisher, PhD

700 Everhart Rd. Ste. H1, Corpus Christi, TX
361-992-9624

Areas of expertise are Anxiety, ADHD, Autism, Depression, Learning Disorder, OCD, PTSD. **Most major insurances accepted.** Self-pay fees: Therapy=\$130-\$160; Neurofeedback=\$100; Languages offered: English.

Christopher Fisher, PhD

701 Everhart Rd. Ste. H1, Corpus Christi, TX
361-739-7696

New Patient Forms online. Provides psychological services to include psychological assessment, biofeedback, neurofeedback, individual and group therapy. **Private pay only.** Languages offered: English

Coastal Bend Neuropsychology

4646 Corona Dr. Ste. 258, Corpus Christi, TX
361-253-5604

Primary clinical interests include adult and geriatric neuropsychology with an emphasis on memory problems and disorders of aging. **Most major insurances accepted.** Self-pay fees: Comprehensive Evaluations=\$1,000 - \$3,000. Languages offered: English

Coastal Bend Psychological Assoc.

5959 S. Staples St. Ste. 200, Corpus Christi, TX
361-442-4024

Provides adult psychological assessments and evaluations for ADHD, ASD, Pre-Employment, and Guardianship Conservatorship. Provides therapy services as well. **Most major insurances accepted.** Self-pay fee range: \$50-\$500/hour. Languages offered: English

Kathryn Soward, PhD

Telemed only
361-494-5960

Provides individual psychotherapy sessions to adolescents 12-17, adults, families, and couples. Provides psychological assessments to address clinical, educational, ADHD, parenting, and forensic questions. **Private pay only. Self-pay fees: \$225/session; Dr. Soward's 12-Week Program=\$2,500.** Languages offered: English

Prosper Health

Telemed only
954-366-9978

Psychological testing for adult Autism. Provides therapy services for adults. **Most major insurances accepted.** Languages offered: English, Spanish

Thomas Graf, PhD

101 N. Shoreline Blvd. Ste. 325, Corpus Christi, TX
361-867-2048

Provides psychotherapy for adults. Specializes in Chronic Illness, Education and Learning Disabilities, and Autism. **Private pay only. Self-pay fees: \$125/session.** Languages offered: English



Alcohol and Other Drugs

Amistad Community Health Center

1533 S. Brownlee Blvd. Corpus Christi, TX

361-886-3093

Road to Recovery Substance Abuse Recovery Group. Provides Medication Assistance Therapy.

Most major insurances accepted; sliding fee scale for uninsured. Languages offered: English, Spanish

Bayview Behavioral Hospital

6629 Wooldridge Rd. Corpus Christi, TX

361-986-8200

Provides Inpatient and Outpatient services for individuals struggling with substance misuse.

Provides adult Intensive Outpatient Programs (IOP) for mental illness and addiction issues.

Provides adult Partial Hospitalization Program (PHP) as well with psychiatric services and medication management. **Most major insurances accepted; sliding fee scale for uninsured.**

Languages offered: English.

Cenikor Corpus Christi

801 Cantwell Dr. Corpus Christi, TX

888-236-4567

Provides treatment programs, withdrawal management services, long-term inpatient and outpatient care, and recovery housing. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English, Spanish.

Coastal Bend Wellness Foundation

2882 Holly Rd. Corpus Christi, TX

361-814-2001

General mental health counseling for individuals and couples and those struggling with substance misuse. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered:

English, Spanish

Counseling and Recovery Services

4300 South Padre Island Dr. Ste.3 & 4 Corpus Christi, TX
361-814-8107

Provides Opioid Substitution Therapy, Medical Services (blood work labs, TB screening, Hepatitis screening, and HIV/AIDS screening), Individual/Family counseling and group education. **Most major insurances accepted.** Languages offered: English

Council on Alcohol and Drug Abuse-Coastal Bend

1801 S. Alameda St. Ste. 150, Corpus Christi, TX
361-854-9199

Provides substance misuse outpatient treatment for youth and adults. Provides prevention education, veteran services, and pregnant and post-partum intervention. **Most major insurances accepted. Free and low-cost services available.** Languages offered: English

Oceans Behavioral Hospital

600 Elizabeth St. Bldg B, 4th Fl, Corpus Christi, TX
361-371-8933

Provides Inpatient and Outpatient services for individuals struggling with substance misuse. Provides adult Intensive Outpatient Programs (IOP) for mental illness and addiction issues. Provides adult Partial Hospitalization Program (PHP) with medication management.. **Most major insurances accepted.** Languages offered: English



South Texas Substance Abuse Recovery Services

1024 Leopard St. Ste. C and E, Corpus Christi, TX
[361-882-9979](tel:361-882-9979)

Provides outpatient substance misuse treatment. **Most services are free.** Highlighted services include Opiate Addiction Recovery Program and Specialized Female Program. Provides free NARCAN vending machine at 907 Antelope St. Languages offered: English.

Toxicology Associates Inc.

801 Cantwell Dr. Corpus Christi, TX
[888-236-4567](tel:888-236-4567)

Provides private methadone maintenance treatment for opioid addiction. **Insurance accepted; low cost services.** Languages offered: English.



Low-Cost Medical

Amistad Community Health Center

1533 S. Brownlee Blvd. Corpus Christi, TX
[361-884-2243](tel:361-884-2243)

Provides Medical, Women's Health, and Dental care. Services include wellness checks, women's exams, diabetes management, blood pressure management, HIV testing and treatment, comprehensive dental checkups, and professional teeth cleanings. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English, Spanish

Coastal Bend Wellness Foundation

2882 Holly Rd. Corpus Christi, TX
[361-814-2001](tel:361-814-2001)

Medical services include preventive care, health check-ups, screenings for common illnesses, sexual health services, immunizations, and chronic disease management. Other services provided are mental health screenings and counseling services. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English, Spanish

Compassionate Care Medical Clinic

1660 S. Staples St. Ste. 100, Corpus Christi, TX
[361-500-0122](tel:361-500-0122)

Provides medical and behavioral health services to uninsured and underserved individuals. **Services are free**, with the exception of prescribed medication. Appointments are required by phone call. Languages offered: English, Spanish, Mandarin.

Del Mar College Dental Clinic

4101 Old Brownsville Rd. Corpus Christi, TX
Health Science Building 1 Room 125
[361-698-2854](tel:361-698-2854)

Provides **free dental hygiene and dental radiology services** by students under supervision of the instructors. Patients are required to commit up to 3 hours of their time for services. Call to schedule appointment. Languages offered: English, Spanish

Gabbard Memorial Health Clinic

1919 Leopard St. Corpus Christi, TX
[361-887-0151](tel:361-887-0151)

Provides **free primary care** for uninsured and underserved individuals. Other services also provided are transitional housing for homeless men, women and children, distribution of hygiene products and clothing referrals, and free meals for homeless and poor individuals. Languages offered: English, Spanish.

Mission of Mercy

2421 Ayers St. Corpus Christi, TX 78404

361-883-5500

Provides **free medical, vision, and mental health care**, as well as education, to uninsured individuals.

Free dental care is also provided to current patients at their Medical Center when there is an available dentist. Services include dental x-rays, examinations, fillings, extractions, and cleanings. Languages offered: English. Spanish

South Texas Family Planning & Health

4455 South Padre Island Dr., Ste. 30, Corpus Christi, TX

361-883-0619

Provides low-cost or free same-day services.

Preventative primary health care services include, but are not limited to, birth control, health screenings, Women's and Men's health, and immunizations. Languages offered: English, Spanish

Timon's Ministries

1501 S. Padre Island Dr. Corpus Christi, TX

Provides **free dental services** to uninsured and underserved individuals. Other services provided are hot meals, food pantry, free showers and laundry machines (times and days vary), and clothing closet. Languages offered: English.

Women's and Men's Health Clinic

4410 Dillon Ln, Ste. 1, Corpus Christi, TX

361-857-0101

3536 Holly Rd. Corpus Christi, TX

361-857-0101

1022B S. 14th St, Kingsville, TX

361-595-1875

2041 East Main Street, Suite 300, Alice. TX

361-453-4221

Medical services address acute and chronic conditions, general health maintenance, reducing teen and unplanned pregnancy, preventing STDs and HIV, and involving men in family planning. Primary care for Type 2 Diabetes and High Blood Pressure, Nursing Program for TB tests, and provides levothyroxine for Thyroid. Open on some Saturdays.

Most major insurances accepted; sliding fee scale for uninsured. Languages offered: English, Spanish



Outpatient Programs

Austin Oaks Hospital

Various location in the San Antonio area

Virtual IOP offered

512-440-4847

Provides adult Intensive Outpatient Programs (IOP) both in person and virtually. Provides adult Partial Hospitalization Program (PHP) as well with psychiatric services and medication management. Patients will need to complete an intake before accessing virtual or in-person care. Call to set up intake. **Most major insurances accepted; payment plans available.** Languages offered: English, translation options available

Bayview Behavioral Hospital

6629 Wooldridge Rd. Corpus Christi, TX

361-986-8200

Provides in-person adult Intensive Outpatient Programs (IOP) for mental illness and addiction issues. Provides adult Partial Hospitalization Program (PHP) as well with psychiatric services and medication management. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English.

Mindful Health

Various Locations in Texas

Virtual IOP offered

888-877-6395

Provides Virtual Intensive Outpatient Programs (VIOP) for adolescents and adults. There are both daytime and evening groups. Provides maternal group for women who are currently pregnant or post-partum up to two years. Also provides general counseling, psychiatry, and medication management services. **Most major insurances accepted.** Languages offered: English and limited Spanish services.

Oceans Behavioral Hospital

600 Elizabeth St. Bldg B, 4th Fl, Corpus Christi, TX

361-371-8933

Provides Inpatient and Outpatient services for individuals struggling with substance misuse. Provides adult Intensive Outpatient Programs (IOP) for mental illness and addiction issues. Provides adult Partial Hospitalization Program (PHP) as well with medication management. **Most major insurances accepted.** Languages offered: English

Pathlight Behavioral Health

Various Locations in Texas

Virtual IOP offered

886-718-7832

Provides adult Intensive Outpatient Programs (IOP) both in person and virtually. IOP services for Provides adult Partial Hospitalization Program (PHP) as well with psychiatric services and medication management. **Most major insurances accepted.** Languages offered: English, translation options available.

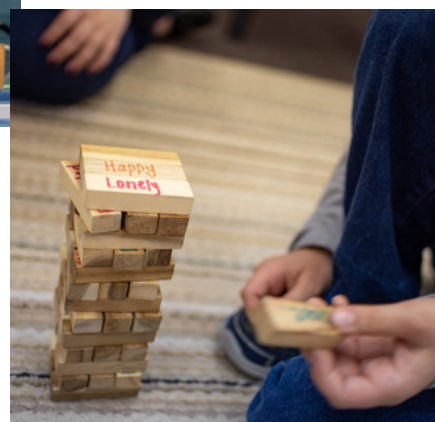
The Renfrew Center

Various Locations in Texas

Virtual IOP offered

215-267-2339

Provides Virtual Intensive Outpatient Programs (VIOP) for individuals struggling with an eating disorder. Virtual Outpatient services also provided. **Most major insurances accepted.** Languages offered: English.



Support Groups

Al-Anon Meetings

Online Meeting

Free virtual support groups for family and friends of those recovering from alcohol abuse. Languages offered: English

Coastal Bend Area of Narcotics Anonymous

Various Locations

In-person and Online Meetings

Free in-person and virtual meetings for individuals recovering from narcotic abuse. Languages offered: English

Coastal Bend Intergroup Assoc.

Various Locations

In-person and Online Meetings

361-992-8911

Free in-person and virtual meetings for individuals recovering from alcohol abuse. Brownlee Location offers Bilingual meeting. No Longer Bound AA Group (LGBTQ+ Community)-Every Saturday at St. Paul's United Church. Languages offered: English, Spanish.

Cocaine Anonymous-South Central Texas Area

Various Locations

In-person and Online Meetings

Free in-person and virtual meetings for individuals recovering from cocaine abuse. Languages offered: English, Spanish

Eating Recovery Center

Various Locations

In-person and Online Meetings

866-477-1915

In-person and virtual support groups for eating recovery individuals, families, friends, and caregivers. Groups include, but are not limited to, Binge Eating, LGBTQ+ community, Body image, College student/Early adult, and Family/Caregiver Support. Languages offered: English, Closed Captioning services.

Marijuana Anonymous

Various Locations

In-person and Online Meetings

800-766-6779

Free in-person and virtual meetings for individuals recovering from marijuana abuse. Languages offered: English, Spanish

NAMI-Greater Corpus Christi

3833 S. Staples St. Ste.N-115 & N-117,

Corpus Christi, TX

361-510-6939

Free in-person peer-led support groups for individuals living with a mental health condition. Support group for families and loved ones of someone living with a mental health condition. Languages offered: English, Spanish.

Pathlight Mood & Anxiety Center

Various Locations

In-person and Online Meetings

866-331-6270

Free in-person and virtual meetings for anxiety, depression, and mood disorders. Languages: English, Spanish

The Purple Door

4444 Corona Dr. Ste. 139, Corpus Christi, TX

361-884-2900

Provides free confidential services to men, women, and children affected by domestic or sexual violence. Services provided include counseling, support groups, and legal advocacy. Languages offered: English, Spanish

The Renfrew Center

Online group

215-267-2339

Provides free virtual support groups for individuals struggling with an eating disorder. Languages offered: English



Additional Resources

Coastal Bend Wellness Foundation

2882 Holly Rd. Corpus Christi, TX

361-814-2001

.Provides services to victims of human trafficking. Chest binder program. Support groups provided.

Most major insurances accepted; sliding fee scale for uninsured. Languages offered: English, Spanish.

Church Unlimited-Westside Missions

3701 Mueller St, Corpus Christi, TX

361-904-0792

Serves the communities of Corpus Christi and beyond. Distributes food, clothing, personal care, and prayer to those in need. **Open every Wednesday from 8AM-1PM.** Languages offered: English, Spanish

Coastal Plains Integrated Health

200 Marriott Drive, Portland, TX,

361-777-3991

Provides mental health services to children and adolescents with serious emotional disturbances and adults with severe and persistent mental illnesses such as schizophrenia, bipolar disorder, and severe clinical depression. Also provides services to persons with intellectual and developmental disabilities. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English, Spanish, translation options available.

Corpus Christi VA Clinic

5283 Old Brownsville Rd. Corpus Christi, TX

West Point VA Clinic-925 South Padre Island Dr.

Corpus Christi, TX

361-806-5600

Provides mental health services and audiology. Corpus Christi VA Mobile Medical Unit is located at the West Point VA Clinic. Services for mobile unit include Primary health care, Women's Health, Labs, and Audiology. **VA Health Benefits, TRICARE, CHAMPVA accepted.** Languages offered: English, Spanish

Folx Health

Online resource

Telehealth provider offering transgender care, counseling services, and support. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English.

Islander Spectrum of Sexuality and Gender

TAMU-CC

On-campus student-led support and education for the LGBTQIA+ community.



Nueces Center for Mental Health and Intellectual Disabilities

1546 Brownlee Blvd, Corpus Christi, TX

361-886-6900

Provides mental health services to the uninsured and underserved. Services include crisis intervention, adult mental health, youth mental health, and intellectual & developmental disability services. Individuals who do not meet eligibility criteria will be referred to other services available in the community. **Most major insurances accepted; sliding fee scale for uninsured.** Languages offered: English, Spanish

Plume

Online resource

720-897-3749

Online service providing care specifically for the transgender community. **Self-pay fees: \$99/mo; 6-month commitment=\$75/mo; 12-month commitment=\$63/mo.** Languages offered: English and accommodations for the deaf and hard of hearing

Strengthening Wellness

400 S. Padre Island Dr. Ste. 206 Corpus Christi, TX

361-462-4328

General mental health counseling for individuals 18+. Speciality therapies provided for Latinas, Therapists, LGBTQIA+, and Neurodivergent Adults. **Senior Clinicians=\$150/session; Associate Clinicians=\$75/session; Counselor Interns=\$25/session \$50/couples. Reduced Rates Available.** Languages offered: English, Spanish

Trans Lifeline

877-565-8860

Trans-led phone line that provides support, community, and resources for survival to trans people. Languages offered: English, translation options available.

Trans Lifeline Microgrants

Online resource

877-565-8860

Provides financial assistance for legal name changes and updating gender markers. Languages offered: English

The Trevor Project

866-488-7386

Text "START" to 678-678. Provides crisis intervention and suicide prevention services for LGBTQIA+ folks ages 13-24. Languages offered: English, Translation options available.

University Counseling Center

TAMU-CC, Driftwood Bldg.

361-825-2703

On-campus counseling center that provides short-term counseling services and case management. Languages offered: English, Translation options available.

University Health Center

TAMU-CC, Sandpiper Bldg.

361-825-2601

On-campus health center that provides health services, STI testing, labs, etc. Languages offered: English, translation options available.



Islanders Are Made to THRIVE

Your journey to a healthier, more balanced college experience starts here. Explore THRIVE 365 to discover the resources, programs and support available to help you THRIVE.

SCAN FOR MORE INFO



tamucc.edu/thrive365



