

Student Resource Sheet

Resource Name:	Website:	Email:	Phone:
Student Health & Wellness Programs – Office of Student Affairs	Location: 218.19A	hecm-hw@tamu.edu	956.271.1306
Telus – Mental Health (24/7)	caps.tamu.edu/student-support/	caps@tamu.edu	866.408.2828
Deer Oaks Student Assistance Program	Deeroakseap.com Login/Password: TAMUSAP	eap@deeroaks.com	866.329.4148
12 th Can Pantry – McAllen (Food & Personal Items)	tx.ag/12thCanMcAllen	mmiguel@tamu.edu	956.271.1305
Intramurals & Equipment Rental		hecm@tamu.edu	956.271.1300
Community Resources – Rio Grande Valley			
McAllen Parks and Recreation	parks.mcallen.net	parks@mcallen.net	956.681.3333
Hidalgo County Health & Human Services	hidalgocounty.us/1032/Health-and-Human-Services		956.383.6221
Food Bank of the RGV	foodbankrgv.com		956.682.8101
TruFit Gyms – University Location		cjimenez@clubtrufit.com	956.386.9970
Campus-wide Resources			
Disability Services	disability.tamu.edu	disability@tamu.edu	979.845.1637
Student Assistance Services (SAS)	sas.tamu.edu	studentlife@tamu.edu	979.845.3113
Health Promotion (HP)	hp.tamu.edu	healthpromotion@tamu.edu	979.845.0280
Money Education Center (ME)	money.tamu.edu	money@tamu.edu	979.845.7283
Veteran Resource & Support Center	aggieveterans.tamu.edu	aggievets@tamu.edu	979.845.3161
Multicultural Services	dms.tamu.edu	dmsinfo@tamu.edu	979.862.2640
LGBTQ+ Pride Center	https://studentlife.tamu.edu/lgbtq/	glbt@tamu.edu	979.862.8920
Women's Resource Center	wrc.tamu.edu	wrc@tamu.edu	979.845.8784

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Law Enforcement

Name	Phone	Address	Website
HECM Security	956-271-1301	6200 Tres Lagos Blvd., McAllen, TX	n/a
McAllen Police Department	956-681-2000	1601 N. Bicentennial Blvd. McAllen, TX	http://www.mcallen.net/departments/pd/home
Hidalgo County Sheriff's Department	956-383-8114	711 El Cibolo Rd. Edinburg, TX	https://tx-hidalgocounty.civicplus.com/Directory.aspx?did=83

Counseling and Mental Health

Name	Phone	Address	Website
Telus – Mental Health (24/7)	866.408.2828	n/a	https://caps.tamu.edu/studentsupport/
Deer Oaks Student Assistance Program	866-329-4148	n/a	https://members.deeroakseap.com/Login/Password: TAMUSAP
The Work/Life Solutions Program by GuidanceResources (for employees)	866-301-9623	n/a	https://employees.tamu.edu/eap/
Mental Health and Substance Abuse Crisis Hotline	1-877-289-7199	n/a	www.ttbh.org
Tropical Texas Behavioral Health	1-800-813-1233	n/a	www.ttbh.org
TAMU Helpline	(979) 845-2700	n/a	https://caps.tamu.edu/helpline/
Suicide and Crisis Lifeline	Dial 988 or 1-800-273-TALK	n/a	https://988lifeline.org/
Trans Lifeline	(877) 565-8860	n/a	https://translifeline.org/
Trevor Lifeline	1-866-488-7386	n/a	https://caps.tamu.edu/diversity-inclusion/lgbtq/lgbtq-crisis-hotlines/
Trevor Text	Text "START" to 678678	n/a	https://caps.tamu.edu/diversity-inclusion/lgbtq/lgbtq-crisis-hotlines/

Medical and Health Services

Name	Phone	Address	Website
South Texas Health System McAllen (McAllen Medical Center)	956-632-4000	301 W. Expy. 83 McAllen, TX	https://www.mcallenmedicalcenter.com/
Rio Grande Regional Hospital	956-632-6000	101 E. Ridge Rd. McAllen, TX	http://riohealth.com/home/

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<i>No on-campus medical and health services are in place at HECM for Texas A&M University students or employees.</i>			

Support, Advocacy, Legal Assistance, and Other Resources

Name	Phone	Address	Website
Hidalgo County Crime Victim Assistance	956-292-7600	100 E. Cano St (3 rd Floor) Edinburg, TX	https://tx-hidalgocounty.civicplus.com/index.aspx?nid=1690
Mujeres Unidas/Women Together	956-630-4881	511 N. Cynthia McAllen, TX	http://mujeresunidas.org/
Family Crisis Center, Inc.	956-423-9304	616 W. Taylor Harlingen, TX	http://www.familycrisisctr.org/
Friendship of Women, Inc.	956-544-7412	95 E. Price Rd., Bldg. C Brownsville, TX	http://www.fowinc.com/
Student Assistance Services (College Station campus)	979-845-3113	Student Services Building, 2nd Floor Texas A&M Campus	https://studentlife.tamu.edu/sas/
Women's Resource Center (College Station campus)	979-845-8784	Student Services Building, 2nd Floor Texas A&M Campus	https://studentlife.tamu.edu/wrc/
LGBTQ + Pride Center (College Station campus)	979-862-8920	Student Services Building, 2nd Floor Texas A&M Campus	https://studentlife.tamu.edu/lgbtq/contact/
Student Conduct Office (College Station campus)	979-847-7272	Student Services Building, 3rd Floor, Suite 309, Texas A&M Campus	http://studentlife.tamu.edu/sco
Student Legal Services ¹ (College Station campus)	979-862-4502	Student Services Building, 2nd Floor Texas A&M Campus	http://studentlife.tamu.edu/sls
Offices of the Dean of Student Life (College Station campus)	979-845-3111	Student Services Building, 2nd Floor Texas A&M Campus	https://studentlife.tamu.edu/
Human Resources Employee Relations (College Station campus)	979-862-4027	750 Agronomy Rd., General Services Complex, Ste. 1201 College Station, TX	https://employees.tamu.edu/employee-relations/
National Sexual Assault Hotline	800-656-HOPE	n/a	https://rainn.org/get-help/national-sexual-assault-hotline

¹ Student Legal Services does not render advice to students in a dispute against other Texas A&M University students or against Texas A&M University and does not represent students in court.

Student Resource Sheet

Name	Phone	Address	Website
National Domestic Violence Hotline	800-799-7233	n/a	http://www.thehotline.org
<i>No on-campus support, advocacy, legal assistance, and other resources are in place at HECM for Texas A&M University students or employees.</i>			

Visa and Immigration Assistance

Name	Phone	Address	Website
International Student Services	979-845-1824	1 ST Floor of The Pavilion, Room 110 Texas A&M Campus	http://iss.tamu.edu
U.S. Citizenship and Immigration Services, Texas – San Antonio Field Office	800-375-5283	20760 North US Highway 281, Suite A San Antonio, TX	https://www.uscis.gov/about-us/find-a-uscis-office/field-offices
<i>No on-campus visa and immigration assistance is in place at HECM for Texas A&M University students or employees.</i>			

Student Financial Aid

Name	Phone	Address	Website
Scholarships & Financial Aid at HECM	979-271-1315	6200 Tres Lagos Blvd., HECM 123.6, McAllen, TX	https://financialaid.tamu.edu/
Veteran Services	979-845-8075	2 nd Floor of The Pavilion Texas A&M Campus	http://veterans.tamu.edu
Federal Student Aid Information Center	800-433-3243	n/a	https://studentaidhelp.ed.gov/app/home/site/studentaid