

Counselors Without Borders-TX



About CWB-TX

CWB-TX is a branch of the international humanitarian organization Counselors Without Borders. Our goal is to provide culturally sensitive and relevant mental health and psychosocial support to immigrants and asylum seekers at the Rio Grande Valley border. We are a group of licensed and pre-service mental health workers supported by training from UNICEF. Our services are offered free of charge in English and Spanish via mobile phone and video chat.



Psychological First Aid

We provide supportive and practical help after chronic traumatic events in ways that honor dignity, culture and abilities.



Stabilization

We teach skills to self-regulate the nervous system for optimal functioning during stressful times.



Referrals

We facilitate referrals by request for continued mental health care in destination communities.

To make a referral, call 1(501) 219-7687
or scan or click on the code:



For more information, contact
Selma Yznaga, PhD, LPC at selma.yznaga@utrgv.edu

The University of Texas
Rio Grande Valley
Department of Counseling



Counselors Without Borders
Texas