

Meet Your Community Counseling Team

Methodist Healthcare Ministries' Community Counseling Services are designed to help people:

- who are uninsured,
- whose existing coverage does not provide mental health services benefits,
- are low-income, and
- are unable to afford counseling services or access treatment any other way.

Methodist Healthcare Ministries counselors provide mental health counseling services in local churches, clinics, and community centers across the Rio Grande Valley, Laredo and the Coastal Bend.

Community based counseling services are provided in the rural areas of South Texas where mental health services are sometimes a challenge to access. These sessions are always private and are conducted within safe and familiar environments.

At Methodist Healthcare Ministries, our goal



is to help every patient thrive. We do this by listening carefully and putting each person's needs at the center of their health care. Whether it's physical or emotional pain and stress, our compassionate team works together to help them live healthier lives.

For more information, contact:
Please call to schedule an appointment.

Stephanie Espinosa, LCSW

(361) 739-3891

Offices are located in Edna, Port Lavaca and Victoria



"Serving Humanity to Honor God"

Methodist Healthcare Ministries of South Texas, Inc. is a private, not-for-profit organization dedicated to creating access to health care for the uninsured through direct services, community partnerships and strategic grant-making in 74 counties across South Texas. Learn more at www.mhm.org.