

Mental Health Resources

Panhandle Partnership Wellness Clinic

The Panhandle Partnerships Wellness Clinic offers free mental health services to students at Amarillo College, Clarendon College, Frank Phillips College and West Texas A&M University. Their mission is to assist students in overcoming challenges, building resilience and developing emotional intelligence to support their academic journeys. Services include one-on-one counseling with mental health professionals, both in-person and via telehealth, as well as identity-based support groups tailored to marginalized communities.

For more information visit: <https://www.actx.edu/ppwc/>

TimelyCare

Amarillo College has partnered with TimelyMD to provide academic students and their dependents with free, 24/7 access to medical, mental health and basic needs support through the TimelyCare platform. This service is available regardless of student location and offers both on-demand and scheduled appointments with licensed providers. Some services include: health coaching, appointment-based mental health counselling, digital self-care content and a prescription discount card. To access TimelyCare, students can use their AC student email to click the TimelyCare link on the ACConnect Portal under the AC Apps and Email Section.

For more information visit:
<https://www.actx.edu/counseling/timelycare>.

Heal The City

Heal the City is a nonprofit organization in Amarillo, Texas, dedicated to providing free, quality medical care and referral services to uninsured community members. Amarillo College partners with Heal the City to provide free psychiatric and primary medical care for uninsured students. Through this program, students can receive medical evaluations, prescriptions filled at no cost and psychiatric support. To access these services, students must first contact the Amarillo College Counseling Center at 806-371-5900 or accounseling@actx.edu for an eligibility assessment.

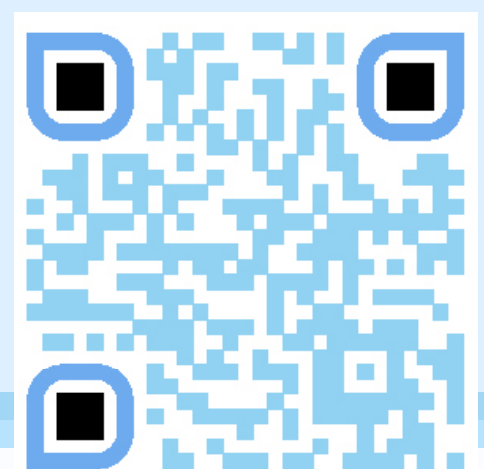
For more information visit:
<https://www.healthecityamarillo.com/>

National Alliance on Mental Illness of the Texas Panhandle

NAMI Texas Panhandle, a local affiliate of the National Alliance on Mental Illness (NAMI), offers comprehensive mental health support through peer support groups, family counseling, crisis intervention resources and educational workshops. In addition to quarterly meetings, which are available both in-person and via Zoom, they provide a variety of counseling programs to help individuals and families navigate mental health challenges. Their services aim to offer guidance, advocacy and a supportive community for those affected by mental illness.

For more information visit:
<https://namitexas.org/about-nami-texas/nami-affiliates-in-texas/nami-texas-panhandle/>

More Resources And Hotlines



Graphic by Shiloh Villegas