



Press Release
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Reeves Regional Health Expands Access to Mental Health Support

Local counseling services offer confidential support close to home.

PECOS, Texas (July 13, 2026) —Reeves Regional Health is reminding the community that mental and emotional well-being are essential parts of overall health, and local support is available through Reeves Regional Rural Health Clinic.

Behavioral and mental health services are designed to help individuals and families facing stress, anxiety, depression, grief, trauma, life transitions, relationship concerns, emotional challenges and other difficulties that can affect daily life. Services are provided in a caring, respectful and confidential setting, helping patients take an important step toward healing without having to travel far from home.

“At Reeves Regional Health, we believe whole-person care must include mental health,” said Brenda McKinney, CEO. “When someone is struggling emotionally, it can affect sleep, work, family life, relationships, physical health and the ability to enjoy everyday activities. By offering these services locally, we want our community to know support is available, close to home, and no one has to face those challenges alone.”

Services may include individual counseling, family counseling, behavioral health support, mental health evaluations, treatment planning, coping skills education, stress management, support for depression and anxiety, and support through grief, trauma or major life changes. When appropriate, behavioral health providers may also coordinate care with primary care providers or other members of the health care team to support the whole person.

The clinic’s behavioral health services are available for patients experiencing a wide range of emotional, psychological or behavioral concerns. Patients may seek support when sadness, worry, stress, anger, mood changes, self-esteem concerns or emotional distress begin interfering with daily activities, work, school, relationships, family life or physical health.

“Rural communities often face unique barriers when it comes to accessing mental health care,” McKinney said. “Those barriers can include distance, transportation, limited availability of specialty services and the stigma that sometimes keeps people from asking for help. Our goal is to make care more accessible, more comfortable and more connected to the overall health needs of the patient.”

Reeves Regional Rural Health Clinic’s behavioral health team includes Daniel Fuentes, LPC, and Crystal Lujan, MEd, LPC.



Fuentes is a licensed professional counselor, combat veteran and Monahans native dedicated to compassionate behavioral health care in rural communities. He provides care for patients ages 12 and up and has training in meditation and mindfulness practices, Cognitive Behavioral Therapy, Gottman Couples Therapy and Eye Movement Desensitization and Reprocessing Therapy.

“Counseling gives people a safe place to talk through what they are experiencing and begin building healthier ways to cope,” said Daniel Fuentes, LPC. “Many people wait until things feel overwhelming before reaching out, but support can be helpful at many different points. Asking for help is not a weakness. It is a step toward understanding, healing and resilience.”

Fuentes said mental health care can be especially meaningful when patients feel understood and respected.

“Every person has a story, and every person deserves to be heard with dignity,” Fuentes said. “My goal is to create a welcoming environment where patients can explore life’s challenges, reconnect with their strengths and move forward in a positive and meaningful way.”

Lujan is a licensed professional counselor committed to expanding access to quality mental health care in rural communities. Practicing in her hometown, she is passionate about helping reduce stigma surrounding behavioral and mental health care. She provides care for patients ages 8 and older and uses a client-centered, trauma-informed approach tailored to each person’s needs and goals. She also has specialized training in EMDR Therapy and Sand Tray Play Therapy.

“Mental health care is not one-size-fits-all,” said Crystal Lujan, MEd, LPC. “Counseling is a collaborative process, and it is important for patients to feel safe, supported and respected. We work together to identify challenges, build on strengths and move toward meaningful growth and healing.”

Lujan said patients often benefit from care that meets them where they are, especially when they are navigating difficult seasons of life.

“People may come to counseling because of anxiety, depression, grief, trauma, family challenges, stress or major changes in their lives,” Lujan, said. “Our role is to provide support, tools and encouragement as they work through those challenges at their own pace.”

Reeves Regional Health encourages individuals and families to pay attention to changes in emotional well-being. Ongoing sadness, worry, anger, sleep changes, difficulty coping, loss of interest in daily activities, relationship struggles or stress that feels unmanageable may be signs that support could help.

For more information or to schedule an appointment, call Reeves Regional Rural Health Clinic at 432-447-0565. No doctor referral is needed. The clinic is located at 2335 S. Medical Dr. in Pecos.

If you or someone you know is experiencing a mental health crisis, call or text 988 for the Suicide & Crisis Lifeline, call the West Texas Centers Crisis Hotline at 1-800-375-4357, or dial 911 in an emergency.

Reeves Regional Health

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About Reeves Regional Health

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

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