

Mental Health & Counseling Services

Adams County Integrated Health Care Service - Behavioral Health Services

210 W Broadway, Ritzville 99169
co.adams.wa.us **488-4074**

Offers services to families, individuals and groups, from children to seniors. Bilingual services offered.

Affordable Counseling-Survivor Support Services

9507 N Division, Ste G **484-4021**
Holland Bldg, 99218

survivorsupportservices@msn.com

Rich Paulsen, BS, MBA, M.ED
Provides Christian and secular affordable counseling, free workshops for individuals, couples and families.

AMEND Center 208-665-2432

520 Government Way
Coeur d'Alene 83814

highland@icehouse.net

amendcenter.com Fax: 665-2433

Educational treatment and support center for men and people in their lives. Offers domestic violence/batterer treatment and support services offered for men participating voluntarily or under court order.

American Behavioral Health Systems 866-729-8038

44 E Cozza, 99208 **325-6800**

Stabilization/secure withdrawal facility.

Calispel E & T Facility

1401 H Calispel, 99201 **838-4651**

Evaluation and treatment of psychiatric caused disability

Catholic Charities Counseling

1960 N Holy Names Ct, 99224

cceasternwa.org **242-2308**

Individual therapy, group and peer support, with case management. Accepts Medicaid.

Center for Family Development

cfdspokane.com **744-1117**

Offers mental health services for children, adolescents and adults promoting healthy families through decreasing stress by building and nurturing healthy relationships.

1404 E 11th Ave, 99202
2814 S Grand Blvd, 99203
1106 N Washington, #D, 99201
2312 N Cherry St, Ste #100,
Spokane Valley 99216

Children's Home Society

SPOKANE **747-4174**

Galland-Ashlock Family Resource Center, 2323 N Discovery, 99216

childrenshomesociety.org

Child and family counseling program; a licensed community mental health agency providing counseling for children, families & adults; case management and supportive services to eligible families in Spokane County.

WALLA WALLA **529-2130**

1612 Penny Ln, 99362

WEST PLAINS **795-8480**

8727 W Hwy 2, Airway Hgts 99224

Eastern State Hospital (DSHS)

850 W Maple St **565-4352**

PO Box 800, Medical Lake 99022

Family Essentials 892-1100

721 N Pines, Spokane Valley 99206

101 W Cascade Way Ste 103, 99208

familyessentialscounseling.com

Offering individual, marriage, parenting and family counseling.

Fresh Hope freshhope.us

A Christian Support Group for those with mental health challenges and their loved ones. meets at 7 p.m., Th.

LEWISTON 83501

CROSSPOINT ALLIANCE

1330 Powers **208-743-3000**

EMMANUEL BAPTIST

2200 11th Ave **208-476-1211**

Frontier Behavioral Health

17 E 1st, 99201 fbhwa.org **838-4651**

TTY **624-0004** Fax: **458-7456**

Services include 24-hour crisis intervention services, Involuntary Treatment Act evaluations, medication management for adults and youth, psychological assessment services, adult recovery services, and mental health counseling and case management. Additional programs include: Homeless Outreach, Health Homes and Care Transitions, the US Department of Agriculture's Child and Adult Care Food Program & Mental Health First Aid training.

CRISIS RESPONSE SERVICES **838-4651**

Telephone intervention, mobile outreach and Involuntary Treatment Act services 24-hours a day to individuals of all ages.

EVERGREEN CLUB TDD **624-0004**

2102 E Sprague, 99202 **458-7454**

An accredited member of Clubhouse International. The program helps members who are enrolled in behavioral health services, pursue vocational and rehabilitation goals.

REGIONAL CRISIS LINE **877-266-1818**

TTY **800-833-6384**

Telephone intervention staffed by volunteers to access inpatient and

outpatient behavioral healthcare services. The program serves Spokane, Adams, Lincoln, Pend Oreille and Stevens counties.

WASHINGTON LISTENS **833-681-0211**

Support anyone in Washington experiencing stress due to the COVID-19 pandemic. It is composed of regional partners across the state who operate teams of support specialists to help people deal with this uncertain and difficult time. Call the toll-free number from 9 a.m.-9 p.m. M-F, 9 a.m.-6 p.m. Sat-Sun or online at www.walistens.org. Interpreter services available.

Foothills Evaluation & Treatment Facility **838-4651**

505 E North Foothills, 99207

Evaluation and Treatment for those with mental, behavioral or substance abuse issues.

Genesis Institute, Inc 467-7913

1220 N Howard St, 99201

genesisinstitute.org Fax: **467-0344**

Linda Depew, David Hutchins, Amanda Fuchs, Todd Patrick, Katrina Mason, Lynnette Palmer, Kelly Walters, Tim Ledbetter
Individuals, families and couples, Biblically-based counseling. Classes for parents of adolescent children, training and mentorship.

Heritage Health Psychiatric Service Dept **208-620-5210**

PO Box 1387, Hayden 83835

myheritagehealth.org

Offers a variety of services in psychiatry and psychotherapy.

Inland NW Behavioral Health

104 W 5th Ave, 99204 **992-1888**

inlandnorthwestbh.org Fax: **795-5966**

Offers inpatient behavioral health acute-care in-patient psychiatric hospital providing patient-centered treatment for severe persistent mental and emotional illness. Free initial assessment.

Provides services to adults needing inpatient care to manage severe depression, anxiety and other mood disorders. Treatment programs and daily structured activities are based on Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. Accept all insurances, Medicare, commercial insurance and TriCare/TriWest. Open 24/7.

INTENSIVE OUTPATIENT PROGRAM

Fax: **628-5274** PH: **992-1301**

inbhiop.referrals@uhsinc.com

Structured, therapeutic program that transitions patients from an inpatient hospital setting to a more independent life in the community as well as patients seeking an outpatient environment. Increases and maintains the therapeutic gains individuals made as patients in the hospital and addresses mental health issues. Helps prevent future hospitalizations. Tailors to meet each individual's needs and provides direction and tools that each participant can use in their daily lives. Currently accepts all insurances, Medicare, commercial insurance and TriCare/TriWest.

Kootenai Recovery Community Center **208-953-8005**

402 N 2nd St, Coeur d'Alene 83814

kootenairecoverycenter.com

Advocates and supports individuals seeking to initiate or maintain recovery from behavioral health and substance abuse, includes peer-based recovery.

Latah Recovery Center

531 S Main, Ste B **208-883-1045**

Moscow 83843 FB: latahrecoverycenter.org

Substance abuse and mental health services, free or low cost.

RURAL CRISIS CENTER NETWORK

531 S Main St, Moscow 83843

Provides a soothing environment for those experiencing a mental health crisis. At least two certified

We Can Help
CALL
509.838.4651

Counseling
for adults,
youth and families


FRONTIER
BEHAVIORAL HEALTH

mental health professionals are on staff to screen patients to determine if they require crisis services or other health services.

LDS Family Services 926-6581
WA SPOKANE OFFICE 800-528-1704
11707 E Sprague, Ste 202, 99206
providentliving.org Fax: 921-1375

Mental Health Services

IDAHO DEPT OF HEALTH &
WELFARE - BEHAVIORAL HEALTH SVCS
healthandwelfare.idaho.gov
Suicide Prevention 208-334-4983

REGION 1:

COEUR D'ALENE

Moody Bldg, 2195 Ironwood Ct
83814 208-769-1406

KELLOGG 208-784-1352 x 217

SANDPOINT/PONDERAY 208-265-4535

REGION 2:

GRANGEVILLE 208-983-2300

LEWISTON 208-799-4440

MOSCOW 208-882-0562

Mental Health Therapeutic Court (MHTC)

SPOKANE COUNTY DISTRICT COURT
Broadway Center Bldg 477-2230
721 N Jefferson, 2nd Flr
spokanecounty.org

MultiCare Rockwood 342-3480 Behavioral Health Center

Deaconess Medical Office Bldg
801 W 5th Ave, Ste 422, 99204
multicare.org Fax: 459-1335
Treats children, families and

adults for a multitude of mental health conditions: individual, couples and family counseling; depression, grief and loss; learning disabilities, stress and anxiety management; eating disorders, weight loss and body image issues; coping with physical illness, mental illness and develop-mental disorders.

NAMI - National Alliance on Mental Illness 838-5515

10 N Post St, Ste 638, 99201
office@namispokane.org
namispokane.org

Volunteer program helping people affected by mental illness by providing and promoting education, support & advocacy.

LATAH ALLIANCE ON MENTAL ILLNESS

Jane Pritchett 208-882-7743
lami-idaho.org

NAMI COEUR D'ALENE cdanami.org
POB1082, 83816 208-691-9674
namicda@gmail.com

NAMI FAR NORTH 208-597-2047

Bonner General Hospital
Classroom, Third Ave & Alder St
PO Box 2415, Sandpoint 83864
namifarnorth.org

North Idaho Crisis Center

2195 Ironwood Ct, Ste D
Coeur d'Alene 83814
nicrisiscenter.org 208-625-4884
Serves men and women from Idaho's 10 northern counties, ages 18 and older who need

help with behavioral health or substance abuse issues.

NE Washington Alliance Counseling Services

E 301 Clay Ave, #201
Chewelah 99109 935-4808
165 E Hawthorne Ave
Colville 99114 684-4597
1211 Merriam 725-3001

Davenport 99122

co.stevens.wa.us/counseling/

Diagnosis and treatment center provides mental healthcare and chemical dependency treatment services for children to adults.

NW Family Advocates

319 W Hasting, Ste A110, 99218
nwfamilyadvocates.org 326-8875
A ministry to families, individuals and youth. Provides counseling, mentoring and coaching to help people reach their life goals. Specializes in parenting and working with families at risk.

Palouse River Counseling

340 NE Maple 334-1133
Pullman 99163 Fax: 332-1608
palouserivercounseling.org

Treats patients with depression, anxiety, alcoholism & drug dependence. Creates targeted treatment plans for patients with developmental disabilities, childhood and family problems, and geriatrics.

HARVEST HOUSE 334-6873

400 NE Maiden Ln, Pullman 99163
harvesthouse_prc@yahoo.com
Psycho-social rehab for those with severe, persistent mental illness.

Panic Disorder 301-443-4513
nih.gov 866-615-NIMH (6464)
nimhinfo@nih.gov TTY301-443-8015

Passages - Family Support

1700 S Assembly, Ste 300, 99224
info@passages-spokane.org
passages-spokane.org 892-9241

A licensed outpatient mental health center offering services to children, youth and adults. Passages is open and accepts new clients eligible for Medicaid.

Peer Spokane 867-3778

425 W 1st, 99201 peerspokane.org
Cultivates healthy lives through peer emotional support and development services to the greater Spokane community embracing issues of mental health, chemical and behavioral addiction, and chronic illness. Services include peer coaching, peer support groups, supportive housing, employment and connections to community resources.

Providence RISE Program

235 E Rowan, Ste 107 252-6446
99207 Fax: 252-6490
washington.providence.org

Inland Northwest BEHAVIORAL HEALTH



Adult and Adolescent

Inpatient Psychiatric Hospitalization

Intensive Outpatient Healthcare

INSPIRING HOPE

InlandNorthwestBH.com | (509) 992-1888

Behavioral health outpatient program for adolescents and adults. Addresses health concerns for those who at risk for inpatient hospitalization or are being discharged in the traditional outpatient setting.

Providence Behavioral Health
Sacred Heart Doctor's Bldg, 105 W 8th Ave, Ste 418C, 99204
washington.providence.org 474-6920
Offers outpatient psychiatric care, medication management and psychiatric consultations for those struggling with life events, substance abuse or those living with a known mental illness.
INTERNAL MEDICINE -SPOKANE 747-1144
NORTH PINES - SPO VALLEY 893-8140

Psychology Associations
IDAHO STATE idahopsych.org
WASHINGTON STATE 206-547-4220
9 S Washington, Ste 201, 99201
wspa@wapsych.org wapsych.org
Work-based psychological health
APA CENTER FOR ORGANIZATIONAL EXCELLENCE apaexcellence.org
THE BIG TABLE 979-1005
POB 141510, Spokane Valley 99214
information@big-table.com
Kevin Finch, Jill Lemon, Laura Lympus, Chris Deitz, Annee Compogno big-table.com
Exists to see the lives of those working in the restaurant and hospitality industry transformed by building community around shared meals and caring for those in crisis, transition or falling through the cracks.
-SPOKANE BRANCH 979-1005
827 W First, Ste 725, 99201

Quality Behavioral Health
900 7th St, Clarkston 99403
qbhs.org 758-3341
GARFIELD COUNTY HUMAN SVCS
856 Main St 843-3791
Pomeroy 99347

Classes on substance abuse disorder, child/adolescent services, adult counseling, crisis services, mental health, first aid, psychiatric services, community sexual assault, domestic violence services, and alcohol and drugs.

Revive Counseling, PLLC
2222 N Monroe, 99205 413-2950
Mental health clinicians are EMDR therapy providers and will help returning citizens process their current and past anxieties.
MARY CLIFF CENTER
701 W 7th Ave Ste 107C
James Funke, LICSW EMDR
Therapy Provider for PTSD & Trauma

SAMHSA's 24/7 365-Day-A-Year Disaster Distress Helpline
800-985-5990

TTY 800-846-8517
Text "TalkWithUs" to 66746
Spanish 800-985-5990 x2
Text "Hablamos" to 66746
Provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters disaster, including infectious disease outbreaks.

SEER (Supported Education & Employment Enhancing Rehabilitation) - SCC 279-6033
scc.spokane.edu **FB: SEERProgram**
Provides support through education and employment that helps individuals recovering from psychiatric disabilities prepare for, gain access to, and sustain participation in post-secondary education and vocational opportunities.

Student Mental & Behavioral Health
NAT'L GRAD CRISIS LINE 877-GRADHLP
Skype 877-472-3457
gradresources.org/crisis
COMMUNITY COLLEGES OF SPOKANE (CCS) STUDENT HEALTH CLINIC MENTAL HEALTH 533-8611
Mental health therapy and medication management as needed. Therapy Scvs 533-3525
EWU COUNSELING & PSYCHOLOGICAL SERVICES 359-2366
225 Martin Hall, Cheney 99004
inside.ewu.edu/caps/
capsinfo@ewu.edu **Fax: 359-4283**
EWU SPOKANE COUNSELING & PSYCHOLOGICAL SERVICES 828-1398
CAPS office: 359-2366
jweber18@ewu.edu ewu.edu
GONZAGA UNIVERSITY HEALTH 313-4052

& COUNSELING CENTER Fax: 313-5516
704 E Sharp gonzaga.edu
Mail: 502 E Boone, MSC 2506, 99258
StudentHealth@gonzaga.edu
LEWIS & CLARK STATE COLLEGE STUDENT COUNSELING CENTER 208-792-2211
Sam Glenn Complex, Rm 212
500 8th Ave 800-933-5272x2211
Lewiston 83501 **Fax: 792-2453**
counseling@lcsc.edu lcsc.edu
Student Health Services 208-792-2251
NIC STUDENT COUNSELING SERVICES
Seiter Hall, Rm 100 208-665-4520
www.nic.edu 208-769-3362
SPOKANE COMMUNITY COLLEGE COUNSELING 533-7026
Bldg.1, Rm 102 scc.spokane.edu
wscounseling@scc.spokane.edu
SPOKANE FALLS COMMUNITY COLLEGE COUNSELING 533-3525
Bldg 30, 2nd flr. sfcc.spokane.edu
UNIVERSITY OF IDAHO - MOSCOW UNIVERSITY PSYCHIATRIC SERVICES
Counseling and testing center
Mary Forney Hall, 1210 Blake Ave

uidaho.edu 208-885-6716
GROUP COUNSELING
ctc@uidaho.edu 208-885-6716
WALLA WALLA COMMUNITY COLLEGE
Walla Walla Campus 527-4262
Advising and Counseling Center,
Main Building (D) wwcc.edu
-Clarkston Campus: 758-1713
CWB 346 Emma Carpenter
emma.carpenter@wwcc.edu
WSU COUNSELING AND PSYCHOLOGICAL SERVICES 335-4511
Washington Bldg, Rm 302
POB 642333, Pullman 99164
After-hours crisis: 335-2159
counseling@wsu.edu
wsu.edu **Fax: 335-2924**
WSU SPOKANE COUNSELING SERVICES
spokane.wsu.edu 358-7740
WSU Health Sciences Crisis line: 368-6500
WHITMAN COLLEGE COUNSELING CNTR
Wely Health Center 527-5195
502 Boyer Ave whitman.edu
WHITWORTH UNIVERSITY HEALTH & COUNSELING SERVICES
Schumacher Hall 777-3259
300 W Hawthorne whitworth.edu
counselingcenter@whitworth.edu

Suicide & Mental Crisis Lines
24/7 REGIONAL CRISIS LINE - FRONTIER BEHAVIORAL HEALTH
877-266-1818 **TTY: 800-833-6384**
Serves Spokane, Adams, Ferry, Lincoln, Pend Oreille & Stevens.
FAILSAFE FOR LIFE failsafe4life.org
POB 28955, 99228 475-7334
svotava@failsafe4life.org
Works to end suicide in Spokane.
GREATER COLUMBIA BHO 888-544-9986
Serves Asotin, Columbia, Garfield, Walla Walla, Whitman.
HELPLINE (WALLA WALLA) 522-3377
liz@helplineww.org
IDAHO SUICIDE PREVENTION HOTLINE 208-398-3457

(offers text 3 p.m. to midnight, M-F)
LIFELINE CRISIS CHAT contact-usa.org/chat
NORTH IDAHO CRISIS 208-947-5595
NATIONAL SUICIDE HOTLINES
-AMERICAN FOUNDATION FOR SUICIDE PREVENTION afsp.org
Info (non-crisis line) 888-333-2377
-CRISIS TEXT LINE crisistextline.org
24/7 Text "HOME" to 741741
-NATIONAL HOPELINES NETWORK
800-SUICIDE
-NATIONAL SUICIDE PREVENTION
800-273-8255 TTY 800-799-4889
suicidepreventionlifeline.org
in 2022 anyone in crisis Dials 988.

Sunshine Terrace
1102 S Raymond Rd 892-4342
Spokane Valley 99206 shfi.com
Provides long-term living options for people with mental health disease in a home-like

environment. Offers a variety of treatment to residents. Provides 128 beds, as a boarding house with independent living options.

Suicide Prevention Task Force
SPOKANE HUMAN RIGHTS COMMISSION
CITY OF SPOKANE 625-6966
808 W Spokane Falls Blvd, 99201
eracoshrc@spokanecity.org
my.spokanecity.org

Trinity Group Homes of St VINCENT DE PAUL 208-667-9607
POB 1861, Coeur d'Alene 83816
trinitygrouphomes.org
Provides adults experiencing severe, persistent mental illness with safe, affordable housing in 32 units. Offers a caring, community-supportive environment. Teaches them life skills.

Volunteers of America/ Kiemle Hagood info@khco.com
Affordable housing for chronically mentally-ill adults with comprehensive case management and 24-hour staff supervision. Managed by Kiemle & Hagood.
voaspokane.org/housing
APPLEWOOD APTS 534-6562
4403 E 8th, Spokane Valley 99212
COUNTRY HEIGHTS APTS 327-7132
6709 N Country Homes Blvd, 99208
TRENT TERRACE APTS
12462 E Broadway Ave
Spokane Valley 99216 927-8102

WSU Psychology Clinic
Johnson Tower 362 335-3587
PO Box 644820, Pullman 99164
psychologyclinic.wsu.edu
Nonprofit community mental health center operated by the WSU Department of Psychology.