

# MENTAL HEALTH

**National Suicide Prevention** 988  
suicidepreventionlifeline.org

TTY 800-799-4889

**American Foundation for Suicide Prevention** afsp.org  
24/7 Text "HOME" to 741741  
NAMI Helpline nami.org

800-950-6264

nimh.nih.gov

**Panic Disorder**

**Washington (509)**

**24/7 Regional Crisis Line - Frontier Behavioral Health** 877-266-1818

TTY 800-833-6384

Spokane, Adams, Ferry, Lincoln, Pend Oreille and Stevens counties. Telephone intervention by volunteers to access inpatient and outpatient behavioral healthcare services.

**Greater Columbia BHO**

Serves Asotin, Columbia, Garfield, Walla Walla, Whitman 888-544-9986

**Crisis Response Services** 838-4651

Offers telephone intervention, mobile outreach and Involuntary Treatment Act services 24-hours a day for individuals of all ages. fbhwa.org

TTY 624-0004

**Office of Behavioral Health**

**Advocacy**

info@obhadvocacy.org

obhadvocacy.org

360-292-5038

Supports individuals and families served in the WA state behavioral health system with a trauma-informed approach to enhance behavioral health awareness, self-empowerment and access to services. Helps individuals, families and communities with behavioral health needs and concerns.

**Spokane Region** 655-2839

spokaneregion@obhadvocacy.org

**Greater Columbia** 808-9790

greatercolumbia@obhadvocacy.org

**Washington Listens** 833-681-0211

Supports those in WA experiencing stress due to the pandemic/endemic to help them deal with this uncertain and difficult time Interpreter services available. walistens.org

**Mental Health of Walla Walla**

mentalhealthww.com/providers

**Counseling, Outpatient** apa.org

emotionsanonymous.org

betterhelp.com psychologytoday.com

inclusivetherapists.com

hemdria.org/about-emdr-therapy

**ARC Professional Counseling**

**Service, PLLC** Andrew@ 558-7559

ARCProCounseling.com

6821 N Country Homes, Ste #201, 99208

**Catholic Charities Counseling**

1960 N Holy Names, 99224

cceasternwa.org 242-2308

case management, Accepts Medicaid.

**Center for Awareness** 208-773-6791

3304 E 31st, 99223 centerforawareness.net

Counseling services for individuals, couples or family crisis.

**CHAS Behavioral Health** 444-8200

5901 N Lidgerwood, Ste 223, 99208

**Courage to Change** 960-7938

13015 W 14th, Airway Heights 99001

couragetochangewestplains.com

Offers behavioral health services, mental health assessments and one-on-one counseling.

**Frontier Behavioral Health** 838-4651

17 E 1st, 99201 fbhwa.org TTY 624-0004

Offers 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. Other programs: Homeless Outreach, Health Homes and Care Transitions, the USDA Child and Adult Care Food Program and Mental Health First Aid training.

**Intensive Outpatient Prog - Inland**

**NW Behavioral Health** 992-1301

104 W 5th, 99204

inlandnorthwestbh.org

inbhiop.referrals@uhsinc.com

Structured, therapeutic program to

transition patients from hospital to more independent life in the community or for patients seeking an outpatient environment.

**MultiCare Rockwood Clinic**

**Behavioral Health Center**

Deaconess Medical multicare.org

801 W 5th, Ste 422, 99204 342-3480

Provides comprehensive treatment for children, adolescents and adults who are struggling with mental health conditions.

**MultiCare Behavioral Health Clinic**

**NECC** 4005 N Cook, 99207 530-4230

Offers access to behavioral health for Hillyard neighborhood. Includes services by providers, therapists, peer counselors and virtual options are available for all ages.

**NAMI - National Alliance on Mental Illness** namiwa.org

800-950-6264 TXT "NAMI" 741741

**Spokane NAMI** 152 S Jefferson, Ste

100, 99201 office@namispokane.org

namispokane.org 838-5515

Txt Line 209-3905

Volunteer program helps people

affected by mental illness with

education, support and advocacy.

Spokane Cnty and neighboring areas.

**NAMI Walla Walla** 529-6160

POB 401, 99362 amiwallowalla.org

namiwallawalla@gmail.com

Walla Walla County only

**Peer Spokane** 867-3778

425 W 1st, 99201 peerspokane.org

Cultivates healthy lives through peer emotional support for mental health chemical and behavioral addiction, and chronic illness. Uses peer coaching, peer support groups, supportive housing, employment and resources.

**Family Navigator** Support for families to better understand addiction, mental health and chronic illness.

**Providence Psychology** providence.org

105 W 8th, Ste 418C, 99204 252-6446

Outpatient psychiatric care, medication

management and psychiatric

consultations for people struggling with

life events, substance abuse or living with

a known mental illness.

**Providence Recovery Clinic at the**

**Psychiatry Residency - Spokane**

624 E Front, 99202 (MAT-BP) 626-9900

**Providence RISE**

235 E Rowan, Ste 107, 99207 252-6446

Offers outpatient program for adolescents and adults at risk of hospitalization or being discharged to an outpatient setting.

**WSU Psychology Clinic**

Johnson Tower 362 335-3587

POB 644820, Pullman 99164

psychologyclinic.wsu.edu

Nonprofit community mental health.

**Faith-based Counseling/Support**

mentalhealthgracealliance.org

**1) Family Essentials**

familyessentialscounseling.com

**Argonne** 957-2027

1101 N Argonne, Ste 214, 99212

**North** 413-2242

101 W Cascade Wy, Ste 103, 99208

**Spokane Vly** 721 N Pines, 99206 892-1100

**2) Fresh Hope for Mental Health**

**Fellowship Church** 7, Th support

2102 E Everett, 99207 999-4484

office@spokanefellowship.com

**3) Genesis Institute** genesisinstitute.org

POB 10436, 99209 467-7913

**4) Good Samaritan Ministries**

1815 Portland, Ste 2 529-2322

Walla Walla 99362 gsmwallawalla.com

**5) NW Family Advocates**

319 W Hastings, Ste A110, 99218

nwfamilysupport.org 326-8875

**6) SonBridgE** sonbridge.org 529-3100

1200 SE 12 St, College Place 99324

**Hoarding**

**Cecci Garrett** 418-9860

lighteningtheloadcounseling.com

Advocates for families. ceci@cecigarrett.com

**Spokane Care To Stay Home**

spokanecaretostayhome.com

Offers hoarding services for seniors.

**Steri-Clean Washington** 681-3444

**WA State Hoarding** 206-260-2031

washingtonstatehoarding.com



**Housing, Employment**

**Peer Counseling,**

**Suicide Prevention**

www.mhaspeakoutspakeup.org

3012 N Nevada St Suite #1

Spokane, WA 99207

**(509) 385-5286**

**We Can Help**

**CALL**

**509.838.4651**

**Counseling**

**for adults,**

**youth and families**



A woman-owned small business specializing in hoarding clean-up.

### **Housing & Employment Comprehensive Health Care**

1520 N Kelly Pl, Walla Walla 99362  
comphc.org **522-4000**  
**Consistent Care Services Primary WW**  
101 W Indiana, 99205 **392-6965**  
30 Main, Ste 303, Walla Walla **204-2507**  
consistentcare.org

Offers case management supports ranging from emergency department diversion, housing and employment.

**Evergreen Club TDD 624-0004**  
2102 E Sprague, 99202 **458-7454**

A member of Clubhouse International. Enrolls members in behavioral health services for vocational and rehabilitation goals. fbhwa.org

### **Foundational Community Support WA Health Care Authority**

hca.wa.gov  
Housing and employment support services for anyone who is Medicaid-eligible, mentally ill or co-occurring addictions.

**Community-Minded Enterprises**  
622 E 2nd, 99202 **496-2238**

community-minded.org

### **Foundational Community Supports**

FCS@community-minded.org **960-8529**  
Offers benefits for supportive housing and supported employment for Apple Health-eligible beneficiaries and those with behavioral/physical health issues.

**Community-Minded Advocacy 242-3405**

**Community-Minded Enterprises**  
2001 N Division, Ste 130, 99207

community-minded.org/advocacy  
**Pathways 209-8990**

1050 N Argonne, Ste 100, Spokane Valley 99212 **888-690-3277**

infowa@pathways.com pathways.com  
FCS and Home Health Care Coordination in Spokane County, expanded community services in Adams, Lincoln, Stevens, Spokane, Whitman and Asotin counties, client transition and training services in Spokane, Whitman and Asotin counties.

**Pioneer Human Services - Foundation Community Supports**

FCS\_Admin@p-h-s.com  
pioneerhumanservices.org

**Phoenix House- Pioneer Human Services**  
703 E Hartson, 99202

pioneerhumanservices.org **232-7081**

Transitional housing program with Spokane County, for adults actively participating in behavioral health treatment while seeking permanent housing. Not a FCS program.

**SEER (Supported Education &**

### **Employment Enhancing Rehabilitation) - SCC PACE**

1810 N Greene, Bldg 16 **279-6033**  
paceservices@scc.spokane.edu

scc.spokane.edu FB@SEERProgram

Helps people with behavioral health challenges gain access to post secondary education and vocations. Offers free courses, group and individual support and employment support.

**Sunshine Terrace shfi.com 892-4342**  
1102 S Raymond, Spokane Valley 99206

Provides long-term living options and variety of treatments for people with mental illnesses in 128-bed boarding house with independent living.

### **Psychiatric/Involuntary Care Eastern State Hospital (DSHS)**

850 W Maple dshs.wa.gov/bha  
POB 800, Medical Lake 99022 **565-4352**

317-bed inpatient psychiatric hospital for Medicare and Medicaid services.

**WA State Library - DSHS Branches Eastern State Hospital 565-4276**

Maple St/POB 800, Medical Lake 99022  
dshs.wa.gov/bha/division-state-hospitals/

eastern-state-hospital-overview  
**Inland NW Behavioral Health**

104 W 5th, 99204 **992-1888**  
inlandnorthwestbh.org Open 24/7

Provides a modern, psychiatric hospital that specializes in treatment for mental health disorders. Accepts all insurances, Medicare and TriCare/TriWest.

**Spokane County District 477-2230**  
**Municipal Mental Health Court**

Broadway Center Bldg, 721 N Jefferson, 2nd Flr

spokanecounty.org  
**Spokane Cnty Felony Mental Health Court**

Spokane County Superior Court 1116 W Broadway, 99260 **477-6355**  
saltshuler@spokanecounty.org

**Spokane County Regional Behavioral Health (SCRBH) 877-304-7183**

**Spokane County Community Services Regional Behavioral Health Crisis**

Serves as public behavioral health administrator for crisis services, including Involuntary Treatment Act evaluations for Spokane, Stevens, Ferry, Lincoln, Adams and Pend Oreille counties.

**304-7183**  
**Hotline: TDD/TTY 458-7446**

**877-266-1818**

**Utilization Mngt 477-4600**  
**877-226-0741**

### **Respite, Adult**

**Termonn Peer Respite Prog 892-9241**

Recovery based voluntary outpatient program that provides peer-based crisis support services in a homelike setting for individuals experiencing emotional distress. Offers seven-daysstays within

a 30-day period. For 18+ residents or Spokane, Stevens, Pend Oreille, Adams, Ferry and Lincoln counties who are Medicaid enrolled/eligible or non-Medicaid individuals living between 139%-220% of the federal poverty level.

### **Support Groups & Advocacy The Big Table 979-1005**

POB 372, Spokane Valley 99210

Transforms lives of those working in the restaurant and hospitality industry by building community around shared meals and caring for those in crisis, transition or falling through the cracks. big-table.com

### **Greater Spokane FCS Coalition**

cmaland@triumphwa.com  
The Coalition for Foundational Community Support (FCS) providers in the greater Spokane area meets first

Wednesdays.

**Health & Justice Recovery Alliance**  
8306 N Wall, 99208 **321-7996**

POB 9895, 99209 **294-3892**

info@healthjusticerecoveryalliance.org  
healthjusticerecoveryalliance.org

**MHA Speakout Speakup**  
3012 N Nevada, Ste 1, 99207 **385-5286**

mhaspeakoutspeakup@gmail.com  
mhaspeakoutspeakup.org

Empowers individuals to speak out about mental health awareness.

suicide prevention with mentors and overdose training with prevention services. Offers therapy, peer support, street medicine, outreach, housing, rental assistance and essential needs.

### **Peers Supporting Peers**

Peersempowerpeers@gmail.com  
peersempowerpeers.com

FB@Peers-Empower-Peers

### **S.O.N.G. - Spokane Outreach Networking Group**

FB@spokaneoutreachnetworkinggroup

**The Kellen CARES Foundation**  
POB 31176, 99223

Kellencares.org info@kellencares.org  
Helps young men 18+ navigate mental health issues, offers peer support group.

**Washington State Psychology Assn**  
2525 E 29th, Ste 10B #368, 99223

wapsych.org **206-547-4220**

### **Suicide, Support**

**Fail Safe for Life** failsafeforlife.org  
info@failsafeforlife.org

POB 28955, 99228 **475-7334**

**Reach Out Walla Walla 524-2999**  
reachoutww.org

**Suicide & Opioid Prevention 524-2645**  
cbrewin@co.walla-walla.wa.us

**Health Office 524-2650**

**Washington Council of Behavioral Health** thewashingtoncouncil.org

# You are not alone.

NAMI Spokane is dedicated to empowering all those affected by mental health conditions (together with their loved ones) to live their most fulfilling lives. We do this through education, advocacy and support. All our programs are free and peer-lead by those who have been there. **Learn more at NAMISpokane.org.**

**152 S Jefferson St, Suite 100, Spokane**



# NAMI Spokane

509.838.5515  
namispokane.org

**Adams Cnty Integrated Health Care Service - BxHealth Svcs 488-4074**  
210 W Broadway, Ritzville 99169  
[co.adams.wa.us](http://co.adams.wa.us)

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

**Blue Mountain Counseling 382-1164**  
221 W Washington 866-382-1164  
Dayton 99328  
857 Main, Pomeroy 843-3791

**Garfield County Human Services Quality Behavioral Health qbhs.org**  
856 Main, Pomeroy 99347 843-3791

**Lincoln County Alcohol/Drug Center**  
510 Morgan/POB 152 725-2111  
Davenport 99122 [co.lincoln.wa.gov](http://co.lincoln.wa.gov)

**NEW Alliance stevenscountywa.gov/**  
[pview.aspx?id=20848](http://pview.aspx?id=20848) 866-708-4597

**Colville 165 E Hawthorne 684-4597**  
**Davenport 725-3001**  
1211 Merriam 888-725-3001  
**Nine Mile Falls 262-0396**  
**Republic 866-807-7131**  
65 N Keller/POB 1120 775-3341

Diagnosis and treatment center for mental health care and chemical dependency (SUD) for all ages.

**Palouse River Counseling 334-1133**  
340 NE Maple, Pullman 99163  
[palouserivercounseling.org](http://palouserivercounseling.org)

Counseling for anxiety, alcoholism & drug dependence, and for those with developmental disabilities, geriatrics, childhood and family problems.

**Pend Oreille Counseling Services**  
105 S Garden, Newport 99156 447-5651  
[pendoreilleco.org/counseling-services](http://pendoreilleco.org/counseling-services)  
800-404-5151 TTY 800-833-6388

Outreach offices: Cutter Theater  
Metaline Falls: 302 Park & Selkirk SD:

**Quality Behavioral Health qbhs.org**  
900 7th, Clarkston 99403 758-3341

**Mental Health & WISE Office**  
1623 5th, Clarkston

**Walla Walla County Dept of Community Health 524-2650**  
314 W Main, Walla Walla 99362  
[dch.co.walla-walla.wa.us](http://dch.co.walla-walla.wa.us)

**Mental Health Crisis Line 524-2999**  
Substance use cessation and prevention.

**Idaho (208)**

**Mental Health Crisis - IDHW**  
[healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
Region1 769-1406 Region2 983-2300  
**Psychology Assn idahopsych.org**  
Rural Crisis Cntr Network 877-897-9027

**Counseling, Outpatient Adult Behavioral Health Services**

**-IDHW healthandwelfare.idaho.gov**  
**Region1 769-1406 Region2 983-2300**  
Serves adults, children and families in need of mental health treatment. No services denied because of inability to pay, sliding fee scale offered.

**Ambitions of ID ambitionsoidaho.org**  
Individualized care for children & adults that includes counseling or psychiatric help, group or individual therapy, job and housing assistance.

**Behavioral Health 930-1740**  
1038 NW Blvd, Coeur d'Alene, 83814

**CHAS Behavioral Health Center**  
1203 Idaho, Lewiston 83501 848-8300

**Heritage Health Psychiatric Svcs**  
1038 NW Blvd, CdA 83814 620-5210  
[myheritagehealth.org](http://myheritagehealth.org)

**Kellogg 740 McKinley, 83837 783-1267**  
**St Maries 120 S 13 St 245-4363**

**Snake River Community Clinic**  
215 10th, Lewiston 83501 743-5899

**Hoarding Insight Restoration 427-2962**  
469058 Hwy 95, Sagle 83860

Mail: 217 Cedar, Ste 169, Sandpoint 83864  
[insightrestoration247.com](http://insightrestoration247.com)

**Lake City Hauling 964-1910**  
<https://lakecityhauling.com>

**Housing & Employment Trinity Group Homes**

**St Vincent de Paul trinitygrouphomes.org**  
POB 1861, CdA 83816 667-9607

Provides adults experiencing severe, persistent mental illness with safe, affordable housing in 32 units. Offers a caring, community-supportive environment and teaches life skills.

**ID Division of Vocational Rehab**

**Lake City Mental Health 769-2762/3**  
2195 Ironwood Ct, CdA 83814

**River City Mental Health**  
1118 F St, Lewiston 816-5321

**Mental Health Court**

**Clearwater Mental Health Court**  
[dpollman@clearwatercounty.org](mailto:dpollman@clearwatercounty.org) 791-7344

**Kootenai Mental Health Court**  
[mwolfinger@kcgov.us](mailto:mwolfinger@kcgov.us) 446-1219

**Latah Mental Health Court**  
[jbrumbaugh@latah.id.us](mailto:jbrumbaugh@latah.id.us) 791-7344

**Nez Perce Mental Health Court**  
[JaclynB@co.nezperce.id.us](mailto:JaclynB@co.nezperce.id.us) 790-1749

**Psychiatric/Crisis**

**Latah Recovery Center 883-1045**  
531 S Main, Ste B, Moscow 83843  
[latahrecoverycenter.org](http://latahrecoverycenter.org)

[FB@latahrecovery](https://fb.com/latahrecovery)  
Substance abuse and mental health care for free or low cost.

**Northern Idaho Crisis Center**  
2195 Ironwood Ct, Ste D 625-4884  
Coeur d'Alene 83814 [nicrisiscenter.org](http://nicrisiscenter.org)  
Helps men and women in North Idaho, ages 18+ with behavioral health or substance abuse issues.

**St Joseph Mental Health Center in Lewiston 799-5700**

**Support Groups**

**1) Kootenai Recovery Community Cntr**  
1621 N 3rd, Ste 700, 83814 953-8005  
[kootenairecoverycenter.com](http://kootenairecoverycenter.com)

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

**2) National Alliance on Mental Illness idahonami@gmail.com namiidaho.org**

**Latah Alliance on Mental Illness**  
POB 8654, 83843 [lami-idaho.org](http://lami-idaho.org)

[FB@LatahAlliance](https://fb.com/LatahAlliance) 838-5515  
[lami.advocacy@gmail.com](mailto:lami.advocacy@gmail.com) 882-7743

**NAMI Coeur d'Alene 416-4718**  
POB 1082, 83816 [cdanami.org](mailto:cdanami.org)

[namicda2021@gmail.com](mailto:namicda2021@gmail.com)

**Support Groups, Christian**

**1) Fresh Hope freshhope.us**  
**Emmanuel Baptist 476-1211**  
2200 11th, Lewiston 83501

**2) Life Recovery liferecoverygroups.com**  
**Christ the King Lutheran 5:30 p Th, 6 p F**  
1700 E Pennsylvania, CdA 83814

**Salvation Army**  
1220 21st St, Lewiston 83501