

HEALTH RESOURCES

MENTAL HEALTH & COUNSELING

apaexcellence.org
emotionsanonymous.org
NATIONAL SUICIDE PREVENTION 988
suicidepreventionlifeline.org

TTY 800-799-4889
NAT'L GRAD CRISIS LINE 877-GRADHLP
Skype 877(472-3457)
gradresources.org/crisis

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

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 and Stevens counties.

FAILSAFE FOR LIFE *failsafeforlife.org*
POB 28955, 99228 475-7334
svotava@failsafeforlife.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

LIFELINE CRISIS CHAT *contact-usa.org/chat*

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

Washington (509)

WASHINGTON STATE PSYCHOLOGY ASSN
9 S Washington, Ste 201, 99201
wapsych.org 206-547-4220

Adams County Integrated Health Care Service - BxHealth Services

210 W Broadway, Ritzville 99169
co.adams.wa.us 488-4074
Offers services to families, individuals and group, from children to seniors. Bilingual services offered.

American Behavioral Health Systems 866-729-8038
44 E Cozza, 99208 325-6800
Stabilization/secure withdrawal facility.

Bethel House Mental Health Scvs
11812 N Highwood Ct, 99218
carlos@bethelspokane.com 599-4418

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 Awareness
3304 E 31st, 99223 208-773-6791
centerforawareness.net
Counseling services for individuals, couples counseling, or family crisis.

Discovery Counseling Group
1008 N Washington St, 99201
discovery-counseling.org 413-1193
Provides the following counseling services mental health assessments, individualized therapies, family therapy, grief counseling, marriage/relationship therapy, and group therapy, youth outreach, behavioral management, life coaching and consultant. contracts with DDA, DCYFS, ALTCEW and accepts most private insurance and other forms of payment.

Eastern State Hospital (DSHS)
850 W Maple *dshs.wa.gov/bha*
POB 800, Medical Lake 99022 565-4352
317-bed inpatient psychiatric hospital accredited by the Joint Commission and certified by the Federal Centers for Medicare and Medicaid Services.

Evaluation & Treatment Facilities
Evaluates and treats for those with mental, behavioral or substance abuse issues. 838-4651
CALISPEL E & T FACILITY 1401 H Calispel
Evaluation and treatment of psychiatric caused disability.
FOOTHILLS EVALUATION & TREATMENT FACILITY
505 E North Foothills, 99207

Faith-based Counseling
AFFORDABLE COUNSELING-SURVIVOR SUPPORT SERVICES 484-4021
Holland Bldg, 9507 N Division, Ste G, 99218 *survivorsupportservices@msn.com*
Rich Paulsen
Provides Christian and secular affordable counseling, free workshops for individuals, couples and families.
FAMILY ESSENTIALS 892-1100
721 N Pines, Spokane Valley 99206
101 W Cascade Wy, Ste 103, 99208
familyessentialscounseling.com
Offers individual, marriage, parenting and family counseling.
GENESIS INSTITUTE, INC 467-7913

1220 N Howard St, 99201
Halley Hansen, Bethany Seipp, Todd Patrick, Katrina Mason, Kelly Walters, Tim Ledbetter *genesisinstitute.org*
Biblically-based counseling for individuals, families and couples. Classes for parents of adolescent children, training and mentorship.
GOOD SAMARITAN MINISTRIES
1815 Portland, Ste 2 529-2322
Walla Walla 99362 *gsmwallawalla.com*
Offers counseling, group support and educational opportunities to the local community.

GRACE ALLIANCE - SOZO CHURCH 326-1571
2131 W Woodside Ave, 99208
mentalhealthgracealliance.org

NW FAMILY ADVOCATES
319 W Hasting, Ste A110, 99218
nwfamilysupport.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.

SONBRIDGE 529-3100
1200 SE 12 St, College Place 99324
sonbridge.org English/Spanish.

SURVIVING SUICIDE LOSS
John Paulson 301-2692
Janet Moore 386-0456

No-charge support group for adults who have lost someone to suicide. Meets 5:15-6:45 pm, 2nd T.

Foundational Community Support
COMMUNITY-MINDED ENTERPRISES
622 E Hatch Rd, 99202 496-2238
fcs@community-minded.org
Nina George *community-minded.org*
Offering supported employment and housing benefits for those on Medicaid with mental health or co-occurring addiction diagnoses.

Frontier Behavioral Health
17 E 1st, 99201 838-4651
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.

CRISIS RESPONSE SERVICES 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

Accredited member of Clubhouse International. Helps members enrolled in behavioral health services pursue vocational and rehabilitation goals.

REGIONAL CRISIS LINE 877-266-1818
TTY 800-833-6384

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

Health & Justice Recovery Alliance

PO Box 9895, 99201
info@healthjusticerecoveryalliance.org
healthjusticerecoveryalliance
Providing Peer support is one of the most effective ways of connecting people, strengthening families, and transforming communities in crisis. Health and Justice Recovery Alliance recognizes that the role of the peer workforce is to cultivate a vision and mission of an inclusive community where everyone can enjoy the same level of contribution and inclusion,

We Can Help
CALL
509.838.4651

Counseling
for adults,
youth and families



free from bias and stigma. Through a cross-cultural co-designed coalition, we center the voice of lived experience, understanding we all are experts in our own life but without resources to create the change we envision.

Inland NW Behavioral Health

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

Offers inpatient behavioral health acute-care in-patient psychiatric hospital with patient-centered treatment for severe persistent mental and emotional illness. Free initial assessment. Accepts all insurances, Medicare, commercial insurance and TriCare/TriWest.

INTENSIVE OUTPATIENT PROG 992-1301

inbhioip.referrals@uhsinc.com
 Structured, therapeutic program to transition patients from hospital setting more independent life in the community. Also for patients seeking an outpatient environment. Tailors to individual needs and provides tools to use in daily lives.

LDS Addiction Recovery Prog

addictionrecovery.churchofjesuschrist.org

Mental Health Courts (MHTC)

SPOKANE COUNTY DISTRICT 477-2230

MUNICIPAL MENTAL HEALTH COURT

Broadway Center Bldg, 721 N Jefferson, 2nd

Flr spokanecounty.org

SPOKANE COUNTY FELONY MENTAL HEALTH COURT

Spokane County Superior Court

1116 W Broadway, 99260 **477-6355**

saltshuler@spokanecounty.org

MultiCare Rockwood 342-3480

Behavioral Health Center

Deaconess Medical multicare.org

801 W 5th, Ste 422, 99204

Treats children, families and adults for many 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 developmental disorders.

NAMI - National Alliance on

Mental Illness 800-950-6264

TEXT "NAMI" 741741

10 N Post St, Ste 638, 99201

office@namispokane.org

namispokane.org **838-5515**

Volunteer program helps people

affected by mental illness with

education, support and advocacy.

NAMI WALLA WALLA 529-6160

POB 401, 99362 amiwallawalla.org

namiwallawalla@gmail.com

NEW Alliance Counseling Services

co.stevens.wa.us/counseling

CHEWELAH E 301 Clay #201 935-4808

COLVILLE 165 E Hawthorne 684-4597

DAVENPORT 1211 Merriam 725-3001

NINE MILE FALLS 465-2200

5098 Hwy 291, Ste #2, 99026

REPUBLIC 775-3341

65 N Keller/POB 1120

Diagnosis and treatment center

provides mental health care and

chemical dependency treatment

services for children to adults.

Palouse River Counseling 334-1133

340 NE Maple, Pullman 99163

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.

Passages - Family Support

1700 S Assembly, Ste 300, 99224

info@passages-spokane.org

passages-spokane.org 892-9241

Outpatient mental health services.

Intensive services for children and

youth, includes wraparound housing

and employment services in Spokane

County.

Peer Spokane 867-3778

425 W 1st, 99201 peerspokane.org

Cultivates healthy lives through peer

emotional support and development

services in greater Spokane

embracing issues of mental health,

chemical and behavioral addiction,

and chronic illness. Includes peer

coaching, peer support groups,

supportive housing, employment and

connections to resources. Volunteer

and community service opportunities,

and Covid care.

FAMILY NAVIGATOR

Helping loved ones understand and

have support in addiction, mental

health and chronic illness.

SPOKANE COUNTY PEER NETWORK LINK

app.smartsheet.com/b/form/d0975f5c3c43d6b035bfd111c1eb89

Providence Behavioral Health

Sacred Heart Doctor's Bldg, 105 W 8th

Ave, Ste 418C, 99204 **474-6920**

providence.org

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 - SPOKANE VLY 893-8140

Providence RISE Prog 252-6446

235 E Rowan, Ste 107, 99207

providence.org

Outpatient program for adolescents

and adults. Addresses health

concerns for those at risk of inpatient

hospitalization or being discharged in

a traditional outpatient setting.

Providential Solutions 765-0150

EFLC, 631 S Richard Allen Ct, 99202

charina@providentialsolutions.org

providentialsolutions.org

Provides counseling services to children,

youth, adults as well as those with

cognitive & developmental disabilities.

Quality Behavioral Health

900 7th St, Clarkston 99403

qbhs.org **758-3341**

GARFIELD COUNTY HUMAN SERVICES

856 Main St **843-3791**



Outpatient mental health and substance use treatment

Passages
Family Support

509-892-9241 • www.passages-spokane.org



Get free help for someone with mental health concerns.

NAMI Spokane provides free services to anyone in Spokane and the surrounding communities who suffers from mental health conditions. (We also teach concerned partners and family members how they can help.) Our education courses and support groups are led by trained people who have endured similar struggles.

If you know someone who needs help, learn more at NAMISpokane.org.

 **NAMI Spokane**
National Alliance on Mental Illness

509.838.5515

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, Ste 107C
EMDR therapy for PTSD & trauma.

SEER (Supported Education & Employment Enhancing Rehabilitation) - SCC **279-6055**
1810 N Greene St, Bldg 16
scc.spokane.edu FB: SEERProgram
Provides support through education and employment to help individuals recovering from psychiatric disabilities prepare for, gain access to and sustain participation in post-secondary education and vocational opportunities.

Student Mental Health
COMMUNITY COLLEGES OF SPOKANE (CCS) STUDENT HEALTH CLINIC MENTAL HEALTH-MULTICARE **533-8611**
Mental health therapy and medication management as needed. Therapy Services **533-3525**
EWU COUNSELING & WELLNESS SERVICES
cws@ewu.edu **990-2366**
225 Martin Hall, Cheney 99004
inside.ewu.edu/bewell
For Cheney & Spokane Campuses
GONZAGA UNIVERSITY HEALTH & COUNSELING CENTER **313-4052**
gonzaga.edu 704 E Sharp *StudentHealth@gonzaga.edu* Mail: 502 E Boone, MSC 2506, 99258
SCC COUNSELING **533-7026**
Bldg.1, Rm 102 *scc.spokane.edu*
wscounseling@scc.spokane.edu
SFCC COUNSELING **533-3525**
Bldg 30, 2nd flr. *sfcc.spokane.edu*
WALLA WALLA COMMUNITY COLLEGE
Walla Campus **527-4262**
Advising and Counseling Center
Main Building (D) *wwcc.edu*
Clarkston: CWB 346E **758-1713**
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*
WSU SPOKANE COUNSELING SERVICES
spokane.wsu.edu **358-7740**
Crisis line: **368-6500**
WHITMAN COLLEGE COUNSELING CNTR
Welty 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

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

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.

Idaho (208)
IDAHO SUICIDE PREVENTION **398-3457**
Offers text 3 pm to midnight, M-F
NORTH IDAHO CRISIS PSYCHOLOGY ASSOCIATION **947-5595**
idahopsych.org

Ambitions of Idaho
ambitionsofidoaho.org
Individualized for children & adults program may include counseling or psychiatric help, group or individual therapy, job and housing assistance.
BEHAVIORAL HEALTH **930-1740**
1038 NW Blvd, Coeur d'Alene, 83814
RESIDENTIAL HABILITATION **676-9395**
1044 NW Blvd #100, CdA 83814

AMEND Center *amendcenter.com*
520 Government Wy, CdA 83814
highland@icehouse.net **665-2432**
Educational treatment and support center for men and people in their lives. Offers domestic violence, batterer treatment and support services offered voluntarily or under court order.

Big Lake Psychological Services
1809 E Sherman Ave, 83814
blpspsychology.com **665-9612**

Licensed psychologists and therapists (counselors and social workers) who strongly believe that the sciences of psychology and neuro-logy can provide strategies to help children and adults learn, thrive and grow.

Center for Awareness **773-6791**
601 E Seltice Wy, Ste 209
Post Falls 83854 *centerforawareness.net*
Counseling services for individuals, couples or family crisis.

Fresh Hope *freshhope.ws*
Christian support group for those with mental health challenges and their loved ones.
CROSSPOINT ALLIANCE **743-3000**
1330 Powers, Lewiston 83501
EMMANUEL BAPTIST **476-1211**
2200 11th Ave, Lewiston 83501

Heritage Health Psychiatric
POB 1387, Hayden 83835 **844-1758**
myheritagehealth.org
Offers variety of services in psychiatry and psychotherapy.

Kootenai Recovery Community Center **953-8005**
1621 N 3rd St, Ste 700, 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 **883-1045**
531 S Main, Ste B, Moscow 83843
FB: *latahrecovery*
latahrecoverycenter.org
Substance abuse and mental health services, free or low cost.

Mental Health Services
ID DEPT OF HEALTH & WELFARE - BEHAVIORAL HEALTH SERVICES
healthandwelfare.idaho.gov
Suicide Prevention **334-4983**
REGION 1
COEUR D'ALENE **769-1406**
Moody Bldg, 2195 Ironwood Ct, 83814
KELLOGG **784-1352 x 217**
SANDPOINT/PONDERAY **265-4535**
REGION 2
GRANGEVILLE **983-2300**
LEWISTON **799-4440**
MOSCOW **882-0562**

NAMI - National Alliance on Mental Illness **838-5515**
LATAH ALLIANCE ON MENTAL ILLNESS
POB 8654, 83843 *lami-idaho.org*
lami.advocacy@gmail.com **882-7743**
NAMI COEUR D'ALENE

POB 1082, 83816 **691-9674**
namicda@gmail.com *cdanami.org*
NAMI FAR NORTH **597-2047**
Bonner General Hospital Classroom
Third & Alder/ PB 2415, Sandpoint 83864
namifarnorth2003@gmail.com
namifarnorth.org

North Idaho Crisis Center
2195 Ironwood Ct, Ste D **625-4884**
Coeur d'Alene 83814 *nicrisiscenter.org*
Serves men and women from Idaho's 10 northern counties, ages 18 and older who need help with behavioral health or substance abuse issues.

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

Student Mental Health
LCSC STUDENT COUNSELING CENTER
Sam Glenn Complex, Rm 212
500 8th **800-933-5272x2211**
Lewiston 83501 **792-2211**
counseling@lcsc.edu *lcsc.edu*
Student Health Svcs **792-2251**
NIC STUDENT COUNSELING SERVICES
Seiter Hall, Rm 100 **665-4520**
nic.edu **769-3362**

UI - UNIVERSITY PSYCHIATRIC SERVICES
Counseling and testing center
Mary Forney Hall, 1210 Blake Ave
uidaho.edu **885-6716**

Trinity Group Homes of
ST VINCENT DE PAUL **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 life skills.