

HEALTH SERVICES - MENTAL HEALTH

MENTAL HEALTH & COUNSELING

apa.org *emotionsanonymous.org*
betterhelp.com *psychologytoday.com*
NATIONAL SUICIDE PREVENTION 988
suicidepreventionlifeline.org

TTY800-799-4889

AMERICAN FOUNDATION FOR SUICIDE PREVENTION *afsp.org*

24/7 Text "HOME" to 741741

NAMI HELPLINE *nami.org* **800-950-6264**

NAT'L GRAD CRISIS LINE 877-GRADHLP

Skype 877(472-3457)

gradresources.org/crisis

PANIC DISORDER *nimh.nih.gov*

Washington (509)

addictionrecovery.churchofjesuschrist.org

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.

CRISIS RESPONSE SERVICES 838-4651

fbhwa.org **TTY 624-0004**

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

FAIL SAFE FOR LIFE *failsafeforallife.org*

info@failsafeforallife.org

PO Box 28955, 99228 **475-7334**

GREATER COLUMBIA BHO 888-544-9986

Serves Asotin, Columbia, Garfield, Walla Walla, Whitman.

WASHINGTON LISTENS 833-681-0211

walistsens.org

Support anyone in Washington experiencing stress due to the pandemic/emic, to help people deal with this uncertain and difficult time. Interpreter services available.

WASHINGTON STATE PSYCHOLOGY ASSN

2525 E 29th, Ste 10B #368, 99223

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

Counseling, Outpatient

ARC PROFESSIONAL COUNSELING SERVICE,

PLLC *Andrew@ARCProCounseling.com*

6821 N Country Homes, Ste #201, 99208

ARCProCounseling.com **558-7559**

CATHOLIC CHARITIES COUNSELING

1960 N Holy Names, 99224

cceasternwa.org **242-2308**

case management, Accepts Medicaid.

CENTER FOR AWARENESS

3304 E 31st, 99223 **208-773-6791**

centerforawareness.net

Counseling services for individuals,

couples or family crisis.

CHAS BEHAVIORAL HEALTH 444-8200

5901 N Lidgerwood, Ste 223, 99208

DISCOVERY COUNSELING GROUP

1008 N Washington, 99201

discovery-counseling.org **413-1193**

Provides counseling, mental health

assessments, individualized grief

counseling marriage/relationship and

group therapy, youth outreach,

behavior management and life

coaching. Contacts with DDA, DCYFS,

ALTCEW and accepts most insurance.

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 104 W 5th, 99204

inlandnorthwestbh.org **992-1301**

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.

NECC 4001 N Cook

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 RISE *providence.org*

235 E Rowan, Ste 107, 99207 **252-6446**

Offers outpatient program for

adolescents and adults, at risk of

inpatient hospitalization or being

discharged in a outpatient setting.

PROVIDENTIAL SOLUTIONS 765-0150

EFLC, 631 S Richard Allen Ct, 99202

providentialsolutions.org

Provides counseling services to children,

youth, adults as well as those with

cognitive & developmental disabilities.

Faith-based Counseling/Support

ADDICTION & MENTAL HEALTH ANONYMOUS

Deer Park UMC, 113 E 2nd

North Spokane County residents

FAMILY ESSENTIALS 892-1100

721 N Pines, Spokane Valley 99206

101 W Cascade Wy, Ste 103, 99208

familyessentialscounseling.com

FRESH HOPE FOR MENTAL HEALTH

FELLOWSHIP CHURCH 7, Th support

2102 E Everett, 99207

GENESIS INSTITUTE *genesisinstitute.org*

1220 N Howard St, 99201 **467-7913**

GOOD SAMARITAN MINISTRIES

1815 Portland, Ste 2 **529-2322**

Walla Walla 99362 *gsmwallawalla.com*

GRACE ALLIANCE - SOZO CHURCH

2131 W Woodside, 99208 **326-1571**

mentalhealthgracealliance.org

LIFE RECOVERY *liferecoverygroups.com*

OFF BROADWAY 2225 W Mallon, 99201

offbroadwaylighthouse.com **998-2630**

NW FAMILY ADVOCATES

319 W Hasting, Ste A110, 99218

nwfamiladvocates.org **326-8875**

WALLA WALLA PRESBYTERIAN 325 S 1st 7, T

Housing & Employment

FOUNDATIONAL COMMUNITY SUPPORT

COMMUNITY-MINDED ENTERPRISES

622 E Hatch, 99202 *community-minded.org*

fcs@community-minded.org **496-2238**

Offering supported employment and

housing benefits for those on Medicaid

with mental health or co-occurring

addiction diagnoses.

FOUNDATIONAL COMMUNITY SUPPORTS

PROGRAM - PIONEER HUMAN SERVICES

FCS_Admin@p-h-s.com

pioneerhumanservices.org

Additional housing and employment

support services for anyone who is

Medicaid-eligible. Enrollment in another

Pioneer program is not required

HEALTH & JUSTICE RECOVERY ALLIANCE

PO Box 9895, 99209

info@healthjusticerecoveryalliance.org

healthjusticerecoveryalliance.org

Disrupts crisis through a trauma informed culturally responsive lens. Providing housing, therapeutic/ non-therapeutic intervention for individuals experiencing behavioural health crisis through healing centered engagement.

PIONEER HUMAN SERVICES - PHOENIX HOUSE

703 E Hartson, 99202 **232-7081**

pioneerhumanservices.org

Transitional housing program, in

partnership with Spokane County,

for adults actively participating in

behavioral health treatment while

seeking permanent housing.

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 postsecondary

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

Mental Health Courts (MHTC)

SPokane County District 477-2230

MUNICIPAL MENTAL HEALTH COURT

Broadway Cntr 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

Office of Behavioral Health

Advocacy *info@obhadvocacy.org*

1102 S Broadway, 99202 **360-292-5038**

We Can Help

CALL

509.838.4651

Counseling

for adults,

youth and families



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

Psychiatric Hospital/Long-Term 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/PB 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 specializing in treatment for mental health disorders. Accepts all insurances, Medicare and TriCare/TriWest.

Support Groups & Advocacy

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*

MHA SPEAKOUT SPEAKUP

418 E Pacific, Ste 102, 99202 **385-5286**
mhaspeakoutspokup@gmail.com
mhaspeakoutspokup.org

Empowers individuals to speak out about mental health awareness and suicide prevention through mentoring. Provides Housing/rental assistance, overdose training with prevention services. Youth/adult mental health first aid, street outreach, connections to community resources.

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS
 800-950-6264 TXT "NAMI" 741741

SPOKANE NAMI 152 S Jefferson, Ste 100, 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*
namiwallowalla@gmail.com

PEER SPOKANE 867-3778

425 W 1st, 99201 *peerspokane.org*
 Cultivates healthy lives through peer emotional support and development in greater Spokane 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.

SPOKANE COUNTY PEER NETWORK LINK
app.smartsheet.com/b/form/d0975f5c3c43d6b035bfd111c1eb89
SURVIVING SUICIDE LOSS 301-2692
386-0456

WASHINGTON - COUNTY BY COUNTY ADAMS COUNTY INTEGRATED HEALTH CARE SERVICE - Bx HEALTH SERVICES

210 W Broadway, Ritzville 99169
co.adams.wa.us **488-4074**
 857 Main, Pomeroy **843-3791**

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.

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 65 N Keller/POB 1120 **775-3341**

Diagnosis and treatment center for mental health care and chemical dependency for children to adults.

PALOUSE RIVER COUNSELING 334-1133
 340 NE Maple, Pullman 99163
palouserivercounseling.org

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

QUALITY BEHAVIORAL HEALTH *qbhs.org*
 900 7th, Clarkston 99403 **758-3341**

Serves Asotin County, see above for Garfield County

SONBRIDGE 529-3100
 1200 SE 12 St, College Place 99324

Sonbridge.org English/Spanish
SPOKANE COUNTY COMMUNITY SERVICES

477-5722

THE SPOKANE COUNTY REGIONAL BEHAVIORAL HEALTH (SCRBH) (ASO) 477-4570 877-304-7183

Assist Individuals experiencing mental illness and/or substance use challenges achieve success in their recovery journey, through the provision

of a high-quality and culturally responsive array of services dedicated to empowering Individuals and their families to achieve safer, healthier, and more independent lives. The SCRBH (ASO) Division ensures our range of care, resources, and services are person-driven, built on strengths and opportunities, and are available and accessible to Individuals and their families.

COUNSELING AND RECOVERING SERVICES DIVISION (CAREs) 477-4388

A leader in the Spokane Region through assisting Individuals in achieving success in their recovery journey by enhancing their quality of life by means of comprehensive, intentional, person-centered behavioral health services.

UTILIZATION MANAGEMENT

THE SPOKANE COUNTY REGIONAL BEHAVIORAL HEALTH (SCRBH)
477-4600 **877-226-0741**
SCRBHUM@spokanecounty.org
232-3130

WSU PSYCHOLOGY CLINIC

Johnson Tower 362 **335-3587**
 PO Box 644820, Pullman 99164
psychologyclinic.wsu.edu
 Nonprofit community mental health.

Idaho (208)

MENTAL HEALTH CRISIS - IDHW
healthandwelfare.idaho.gov
REGION 1 769-1405 / REGION 2 983-2300
PSYCHOLOGY ASSOCIATION *idahopsych.org*
RURAL CRISIS CNTR NETWORK **877-897-9027**

Counseling, Outpatient

ADULT BEHAVIORAL HEALTH SERVICES - IDHW *healthandwelfare.idaho.gov*
REGION 1 769-1406 / REGION 2 983-2300
 Services for adults, children and families who are in need of mental health treatment. No denial of services based on inability to pay, sliding fee schedule offered.

AMBITIONS OF ID *ambitionsofidaho.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

CHAS BEHAVIORAL HEALTH CENTER
 1203 Idaho, Lewiston 83501 **848-8300**

HERITAGE HEALTH PSYCHIATRIC SERVICES
 1038 NW Blvd, CdA 83814 **620-5210**

myheritagehealth.org
 Kellogg 740 McKinley, 83837 **783-1267**

ST MARIES 120 S 13 St **245-4363**

SNAKE RIVER COMMUNITY CLINIC

NAMI Spokane has moved!

Nami has changed offices but not our services. We're still here to provide compassionate help for people impacted by mental health conditions. Look for us at our new location:

152 S Jefferson St, Suite 100, Spokane

 **nami Spokane**
 National Alliance on Mental Illness

509.838.5515
namispokane.org

215 10th, Lewiston 83501 **743-5899**

Housing

RESIDENTIAL HABILITATION 676-9395

1044 NW Blvd #100, CdA 83814

TRINITY GROUP HOMES - St VINCENT DE PAUL

POB 1861, Coeur d'Alene 83816

trinitygrouphomes.org **667-9607**

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

Psychiatric, Crisis

LATAH RECOVERY CENTER 883-1045

531 S Main, Ste B, Moscow 83843

latahrecoverycenter.org

Provides services related to substance abuse and mental health for free or low cost. *FB:latahrecovery*

NORTHERN 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.

St JOSEPH MENTAL HEALTH CENTER IN LEWISTON

799-5700

Support Groups

1) FRESH HOPE *freshhope.us*

Christian support group for individuals with mental health challenges and their loved ones.

CROSSPOINT ALLIANCE 743-3000

1330 Powers, Lewiston 83501

EMMANUEL BAPTIST 476-1211

2200 11th, Lewiston 83501

2) KOOTENAI RECOVERY COMMUNITY CNTR

1621 N 3rd, Ste 700, 83814 **953-8005**

kootenairecoverycenter.com

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

3) LIFE RECOVERY *liferecoverygroups.com*

BONNERS FERRY NAZARENE 6 p, Sun

158 Meadow Crk, Bonners Ferry 83805

CANVAS CHURCH 5:30 p, M

2200 N 7th, Coeur d'Alene 83814

CHRIST THE KING LUTHERAN CHURCH

1700 E Pennsylvania 5:30 p Th, 6 p F

Coeur d'Alene 83814

3) NATIONAL ALLIANCE ON MENTAL ILLNESS

(NAMI) ID *namiidaho.org idahonami@gmail.com*

LATAH ALLIANCE ON MENTAL ILLNESS

POB 8654, 83843 *lami-idaho.org*

FB@LatahAlliance **838-5515**

lami.advocacy@gmail.com **882-7743**

NAMI COEUR D'ALENE 416-4718

POB 1082, 83816 *cdanami.org*

namicda2021@gmail.com