

Mental Health & Counseling Services

Adams County Integrated Health Care Service - Behavioral Health Services 488-4074

Affordable Counseling-Survivor Support Services

9507 N Division, Ste G 484-4021
Holland Bldg, Spokane 99218
survivorsupportservices@msn.com
Counselor: Rich Paulsen, BS, MBA, M.ED
Provides Christian and secular affordable counseling for or in free workshops for individuals, couples and families.

AMEND Center 208-665-2432

520 Government Way, CdA 83814
highland@icehouse.net
amendcenter.com Fax: 665-2433
Educational treatment and support center for men and people in their lives. Domestic violence/batterer treatment and support services offered for men participating voluntarily or under court order.

Catholic Charities Counseling Program 242-2308

Rising Strong, 1960 N Holy Names Ct Spokane 99224 cceasternwa.org
Offers therapy using evidence based practices to adults and teens insured by Medicaid.

Center for Counseling Services

105 Pine St 208-265-2271
Sandpoint 83864 Fax: 946-7854
marinaferrierphd.com
Marina Ferrier, PhD

Center for Family Development

1404 E 11th Ave 744-1117
Spokane 99202 cfdspokane.com
Offers mental health services for children, adolescents and adults promoting healthy families through decreasing the impact of stress and build and nurture healthy relationships.

Community Health Plan of WA

chpw.org/for-members/mental-health-resources/

Access to providers, crisis helplines, local support groups, and information on managing mental health and substance use conditions. These tools aim to improve access to care and encourage more people to get treatment.

DSHS Behavioral Health Org

SPOKANE COUNTY REGIONAL BEHAVIORAL HEALTH ORGANIZATION
312 W 8th Ave 477-5722
Spokane 99204 800-273-5864
spokanecounty.org/2530/Need-Treatment-for-You-or-Your-Family
Helps select a network of dedic-

ated and caring providers who will help people find treatment.

SPOKANE COUNTY RSN OMBUDS SERVICE: 477-4666/866-814-3409

GREATHER COLUMBIA BHO

101 N Edison St 735-8681
Kennewick 99336

gcbh.org 800-795-9296

GREATHER COLUMBIA BEHAVIORAL HEALTH RSN 800-257-0666

Benton Franklin Dispute Resolution Center, 5219 W Clearwater, Ste 11 Kennewick 99336

Eastern State Hospital (DSHS)

850 W Maple St 565-4352
PO Box 800, Medical Lake 99022

Fairchild AFB Family Advocacy Mental Health 247-2687/2731

701 Hospital Lp, Fairchild AFB 99011
fairchildfamilysupport.org
New Parent Support Program for pregnancy-age 3; Exceptional Family Member offers medical/special education services, identities families with special needs. Offers alcohol and drug abuse prevention and treatment.

Family Essentials 892-1100

721 N Pines Rd
Spokane Valley 99206
familyessentialscounseling.com
Offering individual, marriage, parenting and family counseling.

Fresh Hope freshhope.us

Lidgerwood Presbyterian
4449 N Nevada, Spokane 99207
waynedeibel@gmail.com 981-6047
Dir: Wayne Deibel *Fresh Hope on FB*
A Christian Support Group for those with mental health challenges and their loved ones. meets at 7pm, Th.

LEWISTON 83501 208-743-3000
CrossPoint Alliance, 1330 Powers
terrybrenna63@gmail.com 7pm, M

Frontier Behavioral Health

107 S Division St 838-4651
Spokane 99202 TTY 624-0004
fbhwa.org 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. Helps members who are enrolled in behavioral healthcare services pursue vocational and rehabilitation goals.

FIRST CALL FOR HELP 838-4428

Telephone intervention and access to mental health professionals and community resources 24-hours a day.
877-678-4428

Genesis Institute, Inc

1220 N Howard St 467-7913
Spokane 99201 Fax: 467-0344

genesisinstitute.org
David Hutchins, Linda Depew, Crystal Specht, Dennis Roach, Todd Patrick, Amanda Fuchs, Katrina Mason, Lynnette Palmer; Admin: Denise Sloan, Amy Cutler, Cathy Hutchins
Biblically-based counseling for individuals, families and couples. Classes for parents of adolescent children. Training & mentoring classes.

Heritage Health Psychiatric Service Dept 208-620-5210

2025 W Park Pl, Ste B, Coeur d'Alene 83814 myheritagehealth.org
Offers a variety of services in psychiatry and psychotherapy.

HERITAGE HEALTH COUNSELING

16760 N. Hwy 41, Rathdrum 83858
FAMILY SUPPORT SERVICES - HERITAGE HEALTH COUNSELING
2201 Ironwood Pl 208-769-4222

Coeur d'Alene 83814
Provides extended mental health services to families with unique situations and needs.

Kaiser Permanente ghc.org

SPOKANE - RIVERFRONT 324-6464
322 W North River Dr, 99201
Behavioral Health Services
888-287-2680 206-901-6300

Kootenai Behavioral Health

c/o Kootenai Medical Center
2003 Kootenai Hlth Way 208-665-4800
Coeur d'Alene 83814 800-221-5008

Dir: James Kerby KH.org
Treats children, teens and adults with emotional and psychiatric problems. Acute inpatient hospital treatment, adolescent residential treatment, therapeutic day school, in and outpatient chemical dependency programs.

LDS Family Services

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

Lutheran Community Services NW

210 W Sprague Ave 747-8224
Spokane 99201 lcsnw.org
FOCIS 477-4608

Offers individual, Group and family Therapy, Wraparound with Intensive Services (WISE), Family Outreach Crisis Intervention Svcs (FOCIS), Maladaptive Sexual Behaviors

Mental Health Services

IDAHO DEPT OF HEALTH & WELFARE - BEHAVIORAL HEALTH SVCS
healthandwelfare.idaho.gov

REGION 1:

Crisis Line 888-769-1405
-COEUR D'ALENE 208-769-1406

Moody Bldg, 2195 Ironwood Ct 83814

After hrs crisis line 888-769-1405

-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/481/Mental-Health-Therapeutic-Court

MultiCare Rockwood Behavioral Health Center

DOWNTOWN SPOKANE
Deaconess Medical Office Bldg
801 W 5th Ave, Ste 422
Spokane 99204 342-3480

We Can Help
CALL
509.838.4651

Know someone experiencing a crisis?
Needing help?
Needing information?



FRONTIER BEHAVIORAL HEALTH
Innovation and Excellence

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 developmental disorders.

NAMI - National Alliance on Mental Illness 838-5515

10 N Post St, Rm 638, Spokane 99201
office@namispokane.org
namispokane.org
Volunteer program helping people affected by mental illness by providing and promoting education, support and advocacy.

-LATAH ALLIANCE ON MENTAL ILLNESS
info@lami-idaho.org lami-idaho.org

Jane Pritchett 208-882-7743

-NAMI FAR NORTH 208-597-2047

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

-COEUR D'ALENE cdanami.org
namicda@gmail.com

NE Washington Alliance Counseling Services

E 301 Clay Ave, #201
Chewelah 99109 935-4808

165 E Hawthorne Ave
Colville 99114 684-4597

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 Rd, Ste A110
Spokane 99218 326-8875

nwfamilyadvocates.org
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.

Panic Disorder 301-443-4513

nih.gov 866-615-NIMH (6464)
nimhinfo@nih.gov TTY 301-443-8015

Palouse River Counseling

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

palouservercounseling.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.

Providence RISE Program

235 E Rowan, Ste 107 252-6446
Spokane 99207 Fax: 252-6490

washington.providence.org
Behavioral Health outpatient program for adolescents and adults. Health concerns who are at risk for inpatient hospitalization or are being discharged in the traditional outpatient setting.

Providence Sacred Heart Medical Center & Children's Hospital 474-3131

101 W 8th Ave, Spokane 99204
Future location: 5th & Browne

washington.providence.org
New inpatient and emergency psychiatric care hospital opening in fall 2018 with 100 beds for people seeking short-term hospital care for mental health illness, personality disorder and substance abuse, serving adults 18-55. Will offer observation, stabilization and symptom management.

Quality Behavioral Health

900 7th St, Clarkston 99403
qbhs.org 758-3341

GARFIELD CNTY 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.

Dr Ray Wm. Smith, LMHC

9507 N Division, Ste A 466-6632
Spokane 99218 Fax: 466-0117

RaySmith@HealthyCounselingCenter.com
healthy counselingcenter.com
Healthy Counseling Center: Ray Wm. Smith, EdD, DMin; Holly Meginniss, MSW; Patrice Codd, ARNP; Kurt Leonard, MSW; Meghan Anderson, LMHC
Pastoral counseling for relationships. Psych med management. Spanish speaking psychotherapy. Mental health problems.

SEER (Supported Education & Employment Enhancing Rehabilitation) - SCC

scc.spokane.edu 279-6033
[SEERprogram on FB](http://SEERprogram.on.fb) 279-6055

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.

Spokane Fire Department Behavioral Response Unit

my.spokanecity.org/fire/operations
911 Partners with Frontier

Behavioral Health to offer care and resources that individuals need suffering from behavioral issues as

alternative to hospital care.

Suicide & Mental Crisis Hotlines

ADAMS COUNTY (24 HOUR)
Ritzville, Lind, Waschtucna

659-4357

Othello 488-5611

ASOTIN-GARFIELD CRISIS LINE -

QUALITY BEHAVIORAL HEALTH

- Clarkston 758-3341

- Pomeroy 843-3791

After Hours Counselor

- Clarkston 758-4665

- Pomeroy 843-3791

Crisis After Hours 888-475-5665

AMERICAN FOUNDATION FOR SUICIDE

PREVENTION afsp.org

Info (non-crisis line) 888-333-2377

CRISIS TEXT LINE crisistextline.org

24/7 Text "HOME" to 41741

FAILSAFE FOR LIFE failsafeforallife.org

PO Box 28955, Spokane 99228

svotava@failsafeforallife.org 475-7334

Works to end suicide in Spokane.

FIRST CALL FOR HELP 838-4428

24 hr Resources 877-678-4428

HELPLINE (WALLA WALLA) 522-3377

liz@helplineww.org

IDAHO SUICIDE PREVENTION HOTLINE

208-398-3457

(offers text 3pm to midnight, M-F)

LIFELINE CRISIS CHAT contact-usa.org/chat

NATIONAL SUICIDE HOTLINES

-NATIONAL GRAD CRISIS LINE

800-472-3457

-NATIONAL HOPELINES NETWORK

800-SUICIDE

-NATIONAL SUICIDE PREVENTION

800-273-TALK (8255)

TTY 800-799-4TTY(4889)

suicidepreventionlifeline.org

NORTHEAST WASHINGTON ALLIANCE

COUNSELING SERVICES 684-4597

After hours 888-380-6823

TTY 877-485-6212

Ferry, Pend Oreille, Stevens

PEND OREILLE COUNTY MENTAL HEALTH

After hours Crisis Services

866-847-8540

QPR INSTITUTE - SUICIDE PREVENTION

TRAINING 888-726-7926

qprinstitute.com

THE PALOUSE REGIONAL CRISIS LINE

332-1505

WASHINGTON STATE MENTAL HEALTH

CRISIS LINES - SUICIDE PREVENTION

800-273-Talk (8255)

TTY 800-799-4TTY (4889)

Suicide Prevention Action Network (SPAN-North Idaho)

spanidaho.org Plans & conducts suicide prevention training, awareness campaigns, media education and other prevention activities.

-REGION 1 (208) 415-5100

c/o Panhandle Health District

8500 N Atlas Rd, Hayden 83835

Lora Whalen, Catherine Perusse

spannorth@gmail.com

-REGION 2 (NORTH CENTRAL) (208)

Steve Button 305-9633

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/bcc/commissions/spokane-human-rights-commission/

Sunshine Terrace

1102 S Raymond Rd 892-4342
Spokane Valley 99206 shfi.com

Provides long-term living opportunities 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.

The Big Table 979-1005

1023 W Riverside, Ste 201, 99201
PO Box 141510 big-table.com

Spokane Valley 99214
information@big-table.com

Kevin Finch, Jill Lemon, Laura Lympus, Chris Deitz, Annee Compogno

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.

Trinity Group Homes of

ST VINCENT DE PAUL 208-667-9607
PO Box 1861, Coeur d'Alene 83816

trinitygrouphomes.org

Clark Richman Fax: 765-2732

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 Ave
Spokane Valley 99212

COUNTRY HEIGHTS APTS

6709 N Country Homes Blvd
Spokane 99208 327-7132

TRENT TERRACE APTS

12462 E Broadway Ave
Spokane Valley 99216 927-8102

Washington State Psychology Association 206-547-4220

9 S Washington, Ste 201
Spokane 99201 wapsych.org

wspa@wapsych.org

PSYCHOLOGICALLY HEALTHY WORKPLACE

AWARD apaexcellence.org

WSU Psychology Clinic

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

