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
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
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
ccceasternwa.org 242-2308
Individual therapy, group and peer support, with case management. Accepts Medicaid.

Center for Family Development
ctfdspokane.com 744-1117
Offers mental health services for children, adolescents and adults promoting healthy families through decreasing stress by building and nurturing healthy relationships.

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 Hights 99224

Eastern State Hospital (DSHS)
850 W Maple St
PO Box 800, Medical Lake 99202

Family Essentials
892-1100
721 N Pines, Spokane Valley 99206
101 W Cascade Way Ste 103, 99208
familyessentials counseling.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.

LEVISON 83301
Crosspoint Alliance
1330 Powers
208-743-3000
EMMANUEL BAPTIST
2200 11th Ave
208-476-1211

Frontier Behavioral Health
17 E 1st, 99201
TBY 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
TYY 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 N East Foothills, 99207
Evaluation and Treatment for those with mental, begavioral 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 1367, Hayden 83835
myheritagehealth.org
Offers a variety of services in psychiatry and psychotherapy.

Foothills Behavioral Health
104 W 5th Ave, 99204
992-1888
inlandnorthwestbh.org Fax: 795-5966

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.

INTEGRATIVE 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 counselors for adults, youth and families.

We Can Help CALL 509.838.4651
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** 208-799-4440
- **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

**271 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 68, 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

**North Idaho Crisis Center**

2195 Ironwood Ct, Ste D
Coeur d’Alene 83814
nicroisscenter.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
165 E Hawthorne Ave
Colville 99114
1211 Meriam Davenport 99122

**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
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

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**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**  
474-6920  
North PIns - SpO valley 989-8140

**Psychology Associations**  
**IDAHO state**  
idahopsych.org  
**WASHINGTON state**  
206-547-4220  
9 S Washington, Ste 201, 99201  
wspa@wapsych.org wapsych.org  
**APA CENTER FOR ORGANIZATIONAL EXCELLENCE**  
apaxcellence.org  
**The Big Table**  
799-1005  
POB 141510, Spokane Valley 99214  
information@big-table.com  
Kevin Finch, Jill Lemon, Laura Lympus, Chris Deitz, Anne Conoppong 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  
qbh.org  
758-3341

**Garfield County Human Svcs**  
856 Main St  
Pomeroy 99347  
843-3791  
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.

- **Realive 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 Clff 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**  
Helpline 800-985-5990  
TTY 800-846-8517  
Text “TalkWithUs” to 66746  
Spanish 800-985-5990 x2  
Text “Hablanos” to 66746  
Provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks.

**SEER (Supported Education & Employment Enhancing Rehabilitation)**  
SCC 279-6033  
scc.spuke.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**  
Nayl Grad Crisis Line 877-GRADHL (877-842-3457)  
Skype 877-472-3457  
graddresses.org/crisis  
Community Colleges of Spokane (CCS) Student Health Clinic  
Mental Health 533-8611  
Mental health therapy and medication management as needed. Therapy Svcs 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 313-4022  
& 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@wscu.edu lecse.edu  
Student Health Services 208-792-2251  
NIC Student Counseling Services 208-665-4520  
nic.wsu.edu  
Spokane Community Counseling 533-7026  
Bldg, 1, Rn 102 scc.spokane.edu wscounseling@scc.spokane.edu  
Spokane Falls Community Counseling 533-3525  
Bldg 30, 2nd flr. scc.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  
cate@uidaho.edu 208-885-6716  
Walla Walla Community College  
Walla Walla Campus 527-4262  
Advising and Counseling Center,  
Main Building (D) wvcc.edu -Clarkston Campus: 758-1713  
CBV 346 Emma Carpenter wvcc.edu  
WSU Counseling & Psychological Services 335-4511  
Washington Bldg, Rm 302  
POB 642333, Pullman 99164  
After-hours crisis: 335-2159  
counseling@wsu.edu  
WSU Spokane Counseling Services  
spokane.wsu.edu  
358-7740  
WSU Health Sciences Crisis line: 368-6500  
Whitman College Counseling Center  
Weltly Health Center 527-5195  
502 Boyer Ave whitman.edu  
Whitman University Health & Counseling Services  
Schumacher Hall 777-3259  
300 W Hawthorne whitman.edu counselingcenter@whitman.edu

**Suicide & Mental Crisis Lines**  
24/7 Regional Crisis Line - Frontier Behavioral Health  
877-266-1818 TTY: 800-833-6338  
Serves Spokane, Adams, Ferry, Lincoln, Pend Oreille & Stevens  
faileSafe for life failsafe4life.org  
PON 28955, 99228  
475-7334  
spovata@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@helplinewv.org

**Washington 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 crissedline.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  
922-4342  
Spokane Valley 99206  
shili.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.spokeancity.org

**Trinity Group Homes**  
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@bkco.com**  
Affordable housing for chronically mentally-ill adults with comprehensive case management and 24-hour staff supervision. Managed by Kiemle & Hagood.  
voaspokeanehousing.org

**Applewood Apts**  
534-6562  
4403 E 8th, Spokane Valley 99212  
COUNTRY HEIGHTS APRTS 327-7132  
6709 N Country Homes Blvd, 99208  
TRENT TERRACE APRTS 1246 F 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.