

Behavioral Healthcare Resources for Children and Teens

Behavioral Health Care Resources for Children and Teens in Better Health Together Spokane, Adams, Lincoln, Ferry, Stevens, Pend Oreille Counties

Finding a mental/behavioral health counselor

- For those with Medicaid within Spokane County and other Better Together counties, consult directory of Spokane County Regional BHO service providers at:
<https://www.spokanecounty.org/DocumentCenter/View/17671>
- Those with private health insurance may also contact their insurance company for a list of providers.

Substance abuse services

- Within Spokane County and other Better Health Together counties, consult directory of Spokane County Regional BHO service providers: <https://www.spokanecounty.org/DocumentCenter/View/17671>
- Washington Recovery Help line: 1-866-789-1511 or www.warecoveryhelpline.org
- Detox services: <https://www.spokanecounty.org/DocumentCenter/View/17671>
 - Spokane Treatment and Recovery Services (STARS) 509-477-4631, or
 - The Center for Alcohol and Drug Treatment, Wenatchee: 509-662-9673

Crisis services

- Crisis/acute mental health care:
<http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/acute-mental-health-care>
- County/regional crisis lines:
www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines
- OR CALL
 - Adams:* (509) 488-5611
 - Ferry:* (866) 268-5105
 - Lincoln:* (888) 380-6823
 - Pend Oreille:* (866) 847-8540
 - Spokane:* First Call for Help: (509) 838-4428
 - Stevens:* business hours: (509) 684-4597; after hours: 1-888-380-6823
- Note: anyone can call their local county crisis line regardless of insurance coverage
- Teenlink: confidential teen-answered help line and computer chat service: 1-866-833-6546 or <http://866teenlink.org>
- NAMI crisis line: text NAMI to 741741

Suicide prevention and intervention resources

- US National Suicide Hotline: 1-800-SUICIDE or 1-800-273-TALK (8255)
- www.suicidepreventionlifeline.org
- Youth Suicide Prevention Program: www.yspp.org
- The Trevor Project: 1-866-4-U-TREVOR (free, confidential hotline for suicidal teens who are gay, lesbian, bisexual, transgender)
- Crisis text line: Text START to 741-741 to talk to a trained counselor

Psychiatric inpatient services for youth

- Facilities: Providence Sacred Heart Medical Center: Psychiatric Center for Children and Adolescents): (509) 474-2312

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- DMHP: In Spokane: (509) 838-4428; other counties, call county Behavioral Health Center through this directory: <https://www.spokanecounty.org/DocumentCenter/View/17671>
- Emergency Depts: in any county, call 911

Family support organizations

- 211: state-wide database of resources
- Family support/resources by county: mobile.4people.org
- Childcare or respite care: 1-800-446-2229
- Spokane: Crosswalk Youth Shelter: 509-838-6596
- Parent Trust: www.parenttrust.org

WA State Dept. Of Social and Health Services, local offices:

- *Adams and Lincoln counties*: 1651 S. Pilgrim St., Moses Lake, WA 98837: 877-501-2233
- *Ferry and Stevens counties*: 89 W. Delaware Ave., Republic, WA 99166: 877-501-2233
- *Pend Oreille and rural Spokane county*: 1600 W. First St., Newport WA 99156: 877-501-2233
- *Spokane*: 1313 N. Maple Ave., Spokane WA 99201; 877-501-2233

Information/support about mental health/disorders

- National Alliance on Mental Illness (NAMI): resources, links to local support groups: <http://www.nami.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA): resources, education, support: <https://www.samhsa.gov/>

General information

- Washington Recovery Help Line: 24-hour help for substance abuse, problem gambling, and mental health 1-866-789-1511 www.warecoveryhelpline.org
- Washington Information Network Dial 2-1-1 www.resourcehouse.info/Win211
- Apply for Health Insurance: <https://www.wahealthplanfinder.org> or 1-855-923-4633
- Child Protective Services (CPS): <https://www.dshs.wa.gov/ca/child-safety-and-protection>
- To report child abuse/neglect: 1-866-ENDHARM (1-866-363-4276)

P-TCPI Behavioral Health Champion:
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