

Mental Health and Crisis Resources

This list has been compiled by Spokane Community College's Counseling Services. Please contact the Student Health Clinic (509-533-8611) for updated list and/or to make any necessary corrections. SCC is not endorsing any particular community resource or services.

(last updated: December 2023)

SCC Student Mental Health Clinic

Jenkins Wellness Center, Bldg 7 Rm 118
533-8611

*10 counseling sessions for students free of charge.

Workshops and Groups

Current offerings: <https://scc.spokane.edu/For-Our-Students/Student-Resources/Student-Health-Clinic/Mental-Health/Wellness-Activities>

Catholic Charities Counseling Program

12 E 5th Ave, Spokane 99202
(814) 844-2834

*Sliding Fee Scale (\$5-\$125) also accepts Medicaid

Frontier Behavioral Health

107 S Division St, Spokane 99202
509-838-4651

*Accepts Crisis walk-ins at, no insurance or payment required. Only accepts Medicaid for non-crisis.

Lutheran Community Services

210 W Sprague Ave, Spokane, WA 99201747-8224
(509) 747-8224

*Free counseling for victims of DV or sexual abuse

Center for Family Development

1404 E 11th Ave, Spokane 99202
744-1117

Center for Awareness

3304 E 31st, 99223
208-773-6791

Provides counseling services.

Discovery Counseling Group

1008 N Washington St, 99201
413-1193

Provides counseling services.

Providential Solutions

765-0150 EFLC, 631 S Richard Allen Ct, 99202
Provides counseling services.

MultiCare Rockwood Behavioral Health Center - Downtown Spokane

W 5th Ave, Ste 422 Spokane 99204 342-3480

211-Referrals to available resources in your community

NW Behavioral Health Clinic

905 W Riverside Ave, Ste 610 Spokane 99201
742-3460

Veteran's Affairs Medical Center

4815 N Assembly St. Spokane WA
434-7288

*Provides outpatient, psychiatric, and counseling services to veterans.

Grief Support - Hospice of Spokane

121 S Arthur, Spokane 99201
456-0438 hospiceofspokane.org

*Provides individual grief counseling and grief support groups at no charge for anyone in the community who has experienced loss through the death of someone close to them.

Psychology Today

*Use this website to find providers. You can search by insurance provider and see if they offer a sliding scale based on income.

<https://www.psychologytoday.com/us/therapists/wa/spokane>

Spokane Crime Victim Service Center

1-888-288-9221
(24-Hour Crisis Line)

Child Protective Services (CPS) 1.800.557.9671

YWCA Domestic Violence Crisis Line/Shelter 326-2255 or 326-(CALL)

**Sexual Assault Crisis Line 624-7273 or 624-(RAPE)
(24-Hour Crisis Line)**

2230 E Sprague Ave, Spokane, WA 99202 Free
emergency childcare drop-off is available

Vanessa Behan Crisis Nursery
(509) 535-3155

Mental Health Crisis Care Resources:

Suicide and Crisis Lifeline (call or text) 988 or chat 988lifeline.org

24/7 Regional Crisis Line: 1-877-266-1818

National Suicide Prevention Lifeline: 800-273-TALK (8255)

- Press 1 for veteran's services or send a text to 838255
- En Español: 888-628-9454
- For Deaf and Hard of Hearing via TTY: 800-799-4889

Domestic Violence: 800-799-7233

LGBTQ+ Support (The Trevor Project): 866-488-7386 or text START to 678678

Trans Lifeline: 877-565-8860

Blackline (BIPOC Hotline): 800-604-5841

Text STEVE to 741741 for support specific to individuals of color

Sexual Assault: 1-800-656-4673 (National resource)

Sexual Assault Crisis Line 624-7273 or 624-(RAPE) (24-Hour Crisis Line) (Lutheran Community Services)

Police or Health Emergency 911