

Therapy, Counseling, and other Supportive Mental Health Resources

Local Therapy and Counseling Agencies

Frontier Behavioral Health

Provides services for adults, youth, and elders who are dealing with a wide range of mental, emotional, and behavioral health concerns, including but not limited to individuals who are impacted by substance use disorders. Many types of treatment options are available. Services are available to individuals with state health insurance.

Multiple locations

509-838-4651

<https://fbhwa.org/>

Community Behavioral Health Services through Catholic Charities

Provides individual, group, and family therapy services, case management, and peer support options for individuals with wide ranging mental health concerns. Accepts multiple insurance options and is committed to providing services regardless of client ability to pay.

1960 N Holy Names Court Spokane, WA 99224

(509) 242-2308

<https://www.cceasternwa.org/counseling>

Lutheran Community Services

Provides individual, group, and family counseling for adults as well as children who have experienced trauma, sexual assault, and/or trafficking. Additionally offers peer support and care coordination services. Accepts WA State Medicaid, Crime Victim's Compensation, and some insurance plans.

210 W. Sprague Ave. Spokane, WA 99201

(509) 747-8224

<https://lcsnw.org/office/spokane/>

Partners with Families and Children

Offers adult, child, and family therapy for families who have been affected by abuse or neglect. Additionally offers Parent-Child Interaction Therapy, EMDR therapy, and trauma focused group therapy, and substance use disorder treatment options. Accepts all insurances and is committed to providing services regardless of client ability to pay.

106 W Mission Ave Spokane, WA 99201

(509) 473-4810

<https://partnerswithfamilies.org/>

YFA Connections

Provides outpatient and intensive outpatient services for adults working to overcome substance abuse disorders as well as adults with co-occurring substance use disorders and mental health disorders. Services provided through individual, group, and family counseling.

22 S Thor Street Spokane, WA 99202

(509) 532-2000

<https://www.yfaconnections.org/services/>

Children's Home Society

Licensed community mental health agency. Provides counseling for children, families, and adults as well as case management and other supportive services to families in Spokane county.

Multiple Locations

509-747-4174 – Contact for the two service locations below

- Galland-Ashlock Family Resource Center
2323 N Discovery Pl
Spokane, WA 99216
- Northeast Community Center
4001 Cook St
Spokane, WA 99207

509-795-8480 – Contact for the single service location below

- West Plains Office
8727 US-2 Suite 200
Spokane, WA 99224

<https://www.childrenshomesociety.org/spokane>

Grassroots Therapy Group

Provides therapy services, including but not limited to EMDR, to adults, adolescents, and children. On a mission to support and guide individuals and families in their healing process to uncover true potential and lead a life worth celebrating. Accepts multiple health insurance plans, including state health insurance.

509-389-1772

1212 N Washington St Suite 204, Spokane, WA 99201

<https://grassrootstherapy.com/>

Trauma Informed Therapies

Provides therapy services, including but not limited to EMDR, to adults, adolescents, and children. On a mission to provide trauma informed, empowering services that promote wellness and respect personal decision making. Accepts multiple health insurance plans.

222 W Mission Ave #122, Spokane, WA 99201

509-842-0067

<https://traumainformedtherapies.com/>

Northwest Counseling Center

Specialized in the treatment of trauma and stress related disorders. Offers individual therapy, play therapy, virtual reality interventions, biofeedback and neurofeedback, specialized treatments and interventions including EMDR and hypnotherapy, and comprehensive evaluations including a Brain Scan and Cognitive Assessment. This is a Veteran owned business that has a special passion for helping members of the military, veterans, and first responders, but welcomes and treats all who have experienced the harmful effects of stress and trauma. Staff are passionate about integrating technology and new evidence based practices into mental health treatment. Accepts multiple health insurance plans.

422 W Riverside Ave Ste 518 Spokane, WA 99201

509-474-1976

<https://therapyspokane.com/>

Chas Behavioral Health

Offers short term adult, child, and adolescent counseling as well as peer support for acute or chronic behavioral health concerns. Additionally offers medication management, care coordination, and case management. Only accepts referrals from Primary Care Providers within Chas. If you are a Chas patient, talk with your doctor about this option if you are interested in a referral. You may also call the number listed below for more information about their services.

Multiple Locations

509-444-8200

<https://chas.org/get-care/behavioral-health/>

Multicare Rockwood Behavioral Health Center

Offers mental health treatment for adults, children, adolescents, and families. Only accepts referrals from Primary Care Providers with Multicare Rockwood. If you are a Multicare Rockwood patient, talk with your doctor about this option if you are interested in a referral. You may also call the number listed below for more information about their services.

801 West Fifth Avenue Suite 422 Spokane, WA 99204

(509) 342-3480

<https://www.multicare.org/rockwood-clinic-services-behavioral-health/>

Peer Support and Support Group Options

YWCA Spokane

Free support group available for survivors of intimate partner domestic violence to gain support and connect with others who have had similar experiences. Survivors of all genders and experiences welcome. Ask any YWCA Spokane staff member for a referral, or call 509-326-1190 to get a referral from staff at our front desk.

Peer Spokane

Offers peer coaching services at no cost. Peer coaches empower people to achieve a solid recovery foundation and achieve life goals. Peer coaches support individuals in recovery from one or more of the following: addiction (chemical or behavioral), mental health concerns (short term and long term), and chronic health issues (HIV or Hep C specifically). Peer coaches are individually matched with people seeking support in their recovery. The matched pair meets for one hour per week for 26 weeks. All of Peer Spokane's coaches are individuals in recovery who have reached long-term stability. Additionally offers many support groups.

425 W 1st Ave, Spokane, WA 99201

509-867-3778

<https://www.peerspokane.org/services>

Online Counseling and Therapy Resource Search Options

General Counseling and Therapy

<https://www.psychologytoday.com/us>

A user-friendly website that can help you find the right therapist to fit your needs. The website allows you to search for therapists based on what insurance they take, what they specialize in, what language they speak, what gender they are, and more.

EMDR Therapy

<https://www.emdria.org/about-emdr-therapy/>

EMDR (Eye Movement Desensitization and Reprocessing) is a form of therapy that helps people heal from trauma or other distressing life experiences. The website above is a place where you can search for an EMDR certified therapist, and also a place to learn more about EMDR therapy.

Mental Health Crisis Resources

24-Hour Regional Mental Health Crisis Line

877-266-1818

Offers immediate mental health support for those in crisis, including but not limited to individuals experiencing suicidal thoughts. Can also assist with connections to longer term mental health resources after crisis mental health needs are met. This hotline is run by mental health experts at Frontier Behavioral Health.

24-Hour National Suicide Prevention Lifeline

800-273-8255

The Lifeline provides 24/7, free and confidential suicide prevention support for people in distress and their loved ones. In addition to offering support over the phone, they offer online chat support, available 24/7, at: <https://suicidepreventionlifeline.org/chat/>.