

# OFF-CAMPUS MENTAL HEALTH RESOURCES



Health and  
Counseling Services

Gonzaga health and counseling services does not contract with or endorse outside listed agencies; this resource list is offered as an informational guide for the Gonzaga Community.

## 24/7 Resources:

National Suicide and  
Crisis Lifeline:  
Call or Text 998

GU Campus Security:  
(509) 313 - 2222

24/7 Regional  
Behavioral Health  
Crisis Line:  
1.877.266.1818  
(Toll free number)

For more options, try the Psychology Today Therapist Finder, where you can identify Mental Health Professionals based on location, insurance, language, concern, and many other factors:  
<https://www.psychologytoday.com/us/therapists>

Gonzaga is Partnered with BetterMynd!

Call anytime - 24/7/365. Connect with a licensed counselor for immediate support, emotional guidance, or crisis care.

844-BTR-MYND  
(844-287-6963)

 [www.gonzaga.edu/healthandcounseling](http://www.gonzaga.edu/healthandcounseling)

P: 509 - 313 - 4052 | F: 509 - 313 - 5516

Gonzaga Health &  
Counseling Services  
Division of Student Affairs

# ADHD AND OTHER PSYCHOLOGICAL ASSESSMENT CENTERS

Christine R. Guzzardo PhD  
1717 W 6<sup>th</sup> Ave Suite 2  
P: 509.456.3600  
F: 509.381.3171  
[www.nnispokane.com](http://www.nnispokane.com)

Winston Center for Attention,  
Language, and Learning  
528 E Spokane Falls Blvd Suite 502/116  
P: 509.465.1252  
F: 509.465.1235  
[www.winstoncenter.com](http://www.winstoncenter.com)

Spokane Psychology and Neuropsychology  
Summit Medical Center  
546 N Jefferson st, suite 302  
509.838.7400  
[www.spokanepsychologyandneuropsychology.com](http://www.spokanepsychologyandneuropsychology.com)

Briar Rose Center  
(Sliding scale for noninsured)  
\*personality assessment  
11802 E Mansfield Ave, Suite 1  
P: 509.473.9157  
F: 509.327.9857  
[www.briarrosecenter.com](http://www.briarrosecenter.com)

## Substance Abuse Treatment

Breakthrough Recovery Group  
910 N Washington St, Suite 210  
P: 509.327.9831  
F: 509.327.9857  
[www.btrgspokane.com](http://www.btrgspokane.com)

RB Counseling  
In person and Telehealth  
222 W Mission Ave, Suite 232 - 509.402.156  
[www.rbcounseling.com](http://www.rbcounseling.com)

## Psychiatric Providers

Integrative Psychiatry and Psychology  
Tele-Medicine Only - 509.458.5889  
[www.integrativepp.com](http://www.integrativepp.com)

MultiCare Rockwood Clinic Healthy  
Behavior & Function Clinic (Addiction)  
Deaconess Medical Office Building  
400 E 5<sup>th</sup> Ave - 509.342.3304  
(Rockwood patients only)

Kaiser Permanente Behavioral Health  
Services  
322 W North River Dr - 509.324.6464  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

Jens Uhder, PsyD  
707 W 7<sup>th</sup> Ave, Suite 200 - 509.730.221  
[www.jensuhder.com](http://www.jensuhder.com)

Frontier Behavioral Health  
Multiple locations - 509.838.4651  
[www.fbhwa.org](http://www.fbhwa.org)

Spokane Teaching Health Clinic  
624 E Front Ave - 509.626.9900  
[www.spokaneteachinghealth.org](http://www.spokaneteachinghealth.org)

## Counseling Services

BetterMynd  
Online therapy platform available 24/7/365  
844.287.6963  
[www.bettermynd.com](http://www.bettermynd.com)

Lutheran Community Services  
210 W Sprague Ave - 509.838.4651  
509.624.7273 (\*24hr crisis line call or text)  
[www.lcsnw.org](http://www.lcsnw.org)

Community Behavioral Health Services  
1960 N Holy Names Court, 3<sup>rd</sup> Flr.  
509.242.2308  
[www.cceasternwa.org/counseling](http://www.cceasternwa.org/counseling)

Northwest Counseling Center  
(EDMR/Neurofeedback Trauma Therapy)  
422 W Riverside Ave, Suite 518  
[www.therapyspokane.com](http://www.therapyspokane.com)

Creative Awakening Counseling  
20 W Main Ave, Suite 200 - 509.703.4022  
[www.cacounselingservices.com](http://www.cacounselingservices.com)

Heart to Heart Counseling  
(Marriage Counseling)  
\*Sliding scale for noninsured - 1303 W Maxwell  
Ave - 509.747.7147  
[www.hearttoheartcounseling.com](http://www.hearttoheartcounseling.com)

COR Counseling and Wellness  
Multiple Locations - 509.242.7200  
[www.corspokane.com](http://www.corspokane.com)

Discovery Counseling (Takes Medicaid)  
1008 N Washington St - 509.413.1193  
[www.discovery-counseling.org](http://www.discovery-counseling.org)

Be Seen Counseling  
9 S Washington St, Suite 310 - 509.228.3731  
[www.beseencounseling.com](http://www.beseencounseling.com)

Whitworth Marriage and Family  
Therapy Center  
Tacoma Hall, 825 W. Hawthorne Road  
509.777.3411  
[mftcenter@whitworth.edu](mailto:mftcenter@whitworth.edu)

Reclamation Therapy  
Seattle-based - Telehealth services  
206.317.4276  
[www.reclamationtherapy.com](http://www.reclamationtherapy.com)

NW Perspectives Counseling, PLLC  
323 E 2<sup>nd</sup> Ave, Suite 101  
In person & Telehealth - 509.255.3080  
<https://www.psychologytoday.com/us/therapists/alya-mickey-spokane-wa/1430030>

Juniper NW Counseling  
222 West Mission Ave - 509.646.2509  
[www.juniperwocounseling.com](http://www.juniperwocounseling.com)

Wellness Encompassed  
8817 E Mission Ave, Suite 106  
509.844.5947

Safe Haven Counseling  
624 W Hastings Rd - 509.821.0937  
[www.safehavencounselingspokane.com](http://www.safehavencounselingspokane.com)

Charmed Counseling  
400 S Jefferson St, Suite 200 - 509.768.6852  
[www.charmedcounseling.com](http://www.charmedcounseling.com)

Protea Wellness  
(Specialized in working with LGBTQIA+ and diversity)  
Based in Seattle, offers telehealth  
[www.proteawellness.org](http://www.proteawellness.org)

Vicky Wesslen  
(Spanish Speaking)  
707 W 7<sup>th</sup> Ave, Suite 150 - 509.385.0921

Wenhui Eunice Huang  
(Mandarin-Speaking)  
Offers telehealth - 509.397.7561

NW Perspectives Counseling, PLLC  
323 E 2<sup>nd</sup> Ave, Suite 101  
In person & Telehealth - 509.255.3080  
<https://www.psychologytoday.com/us/therapists/alya-mickey-spokane-wa/1430030>

Wellness Therapies Spokane  
421 W Riverside Ave, Suite 1600  
<https://www.wellnesstherapiesspokane.com/>

## Eating Disorders and Nutrition

The Emily Program  
(Eating Disorders)  
2020 E 29<sup>th</sup> Ave, Suite 200 - 866.405.4282  
[www.emilyprogram.com](http://www.emilyprogram.com)

Korin Fotheringham  
Northwood Nutrition, LLC  
(Dietician, Nutritional Counseling)  
1325 W 1<sup>st</sup> Ave, Suite 228 - 509.818.3895  
[www.northwoodnutrition.com](http://www.northwoodnutrition.com)

Angela Pham  
400 S Jefferson St, Suite 451 - 206.245.9543  
[www.angelaphamcoaching.com](http://www.angelaphamcoaching.com)

Eatign Recovery Center  
Virtual Programs  
<https://www.eatingrecoverycenter.com>

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