

Resources



Below are links to a variety of websites for area resources and information around Healthy Minds, Substance Abuse, Mental Health Services and much more!

Local Resources

[Family Crisis Network](#)

[Kalispel Tribe Victim Services](#)

[Youth Emergency Services Y.E.S.](#)

[Newport Food Bank](#)

Pend Oreille Transportation Resources

[Rural Resources Dial-A-Ride](#)

[Special Mobility Services](#)

Critical Mental Health Resources for College Students

Taking mental health seriously is crucial, especially for college students and young individuals who may face stress, overwork, and other challenges. Up to 75% of college students with potential mental health issues don't seek help. Common issues include Depression, Anxiety, Suicide, Addiction, and Eating disorders. Even those without significant issues can benefit from steps like exercise, sleep, diet adjustments, therapy, relaxation techniques, and psychiatric support.

[Online College Guide for Students with Mental Health Disorders](#)

[Critical Mental Health Resources for College Students](#)

[Top 5 Mental Health Challenges Facing College Students and How to Get Help](#)

Additional Resources

- [Washington State Mental Health Division](#)
- [Spokane County Regional Behavioral Health Organization \(SCRBHO\)](#), 312 W. 8th Avenue, Spokane WA 99204, Toll Free: 800-273-5864
- [Ombuds Services](#): 866-814-3409
- [National Alliance on Mental Illness](#)
- [Your Life Your Voice](#)
- [Crisis Text Line](#)
- [Teen Link](#)
- [988 Suicide & Crisis Lifeline](#)
- [Substance Abuse and Mental Health Services Administration \(AMHSA\)](#)
- [Calm Clinic](#)
- [National Alliance on Mental Illness \(NIMH\)](#)
- [National Institute of Mental Health](#)
- [Aging.com](#)
- [American Society on Aging](#)
- [US Department of Veterans Affairs](#)
- [60 Digital Resources for Mental Health](#)

- [Teen text line](#) - 844-814-8336 — you can call or text

COVID-19 Resources

Has COVID impacted your family?

If so, please watch this Washington State Department of Health – Behavioral Health Strike Team YouTube video for resources and ways to cope.

Healthline provides a very comprehensive overview of bipolar disorder as a critical starting...

[Read More](#)