

National Resources

National Suicide Prevention Hotline	1-800-273-8255
National Sexual Abuse Hotline	1-800-656-HOPE (4673)
National Human Trafficking Hotline	1-888-373-7888
Sexual Abuse or Thoughts Hotline Stop it Now!	1-888-PREVENT
United States Elder Abuse Hotline	1-866-363-4276
National Child Abuse Hotline	1-800-4-A-CHILD (422-4453)
Child Abuse Hotline / Dept of Social Services	1-800-342-3720
Child Abuse National Hotline	1-800-25ABUSE
Children in immediate danger	1-800-THE-LOST
SAMHSA's National Helpline	1-800-662-HELP (4357)
CDC National Aids Hotline	1-800-232-4646
Veterans Crisis Hotline	1-800-273-8255

Substance & Alcohol Use Disorder Resources

Pullman Recovery Center 1240 Bishop Blvd | (509) 334-0718

State Certified Agency licensed by the State of Washington offering outpatient alcohol and drug education, treatment, counseling, and rehabilitation.

Latah Recovery Center 531 S Main, Moscow, ID | (208) 883-1045

Peer support model and much of the work is done by volunteers who are in recovery. The Center provides recovery support services that promote recovery through advocacy, education, and service.

Other Resources (Medical care, food, housing, etc.)

Palouse Regional Crisis Line 840 SE Bishop Blvd, Suite 203, Pullman | (509) 332-1505

Offers help with a variety of mental health disorders.

Whitman County Health Department 1205 SE Professional Mall Blvd #203, Pullman | (509) 332-6752

Public health and Immunizations.

Pullman ReadyCare 825 SE Bishop Blvd #200, Pullman | (509) 332-8847

Medical clinic, accepts walk-ins.

Community Action Center 350 Fairmount Dr #1, Pullman | (509) 334-9147

Can provide energy assistance, housing assistance and help with food. Food bank/curbside pickup hours: 11 AM to 1 PM Wednesdays 2 PM to 4 PM on Thursdays

Palouse River Counseling 340 NE Maple St., Pullman | (509) 334-1133

Treats patients with depression, anxiety, alcoholism, and drug dependence. Also, creates targeted treatment plans for patients with developmental disabilities, childhood and family problems, and geriatrics.

Cougar Health Services 1125 SE Washington Street, Pullman | (509) 335-3575

Provides the following services for WSU students: Counseling and Psychological Services including same day scheduled appointments, groups and workshops, individual and couples therapy, biofeedback, psychological assessment, testing, and 24/7 mental health crisis services Health Promotion strategies and programs to support individual and community well-being, including enhancing mental wellness and reducing violence and substance abuse Medical Clinic staffed by board-certified physicians and experienced health care providers offering primary care, and specialty services Pharmacy with prescription services and over-the-counter products Vision Clinic with comprehensive eye care services and a retail store for frames, sunglasses, contacts, and accessories

Alternatives to Violence on the Palouse (ATVP) 1125 NW Nye St Pullman, WA 99163 | 1-509-332-HELP

24-Hour Crisis Intervention; Support Groups; Medical Advocacy; Legal Advocacy; Advocacy-Based Counseling; Emergency Shelter; Child Advocacy; Information and Referrals; Community Education and Prevention Programs