

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)
(also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889
CDC National Aids Hotline | 1-800-232-4646
Veterans Crisis Hotline | 1-800-273-8255

Substance & Alcohol Use Disorder Resources

- **Royal Life Centers at Spokane Heights** 524 E Francis Ave, Spokane, WA | 509-596-2270
Detox/Inpatient, takes Medicaid and has a 28-day program for veterans which includes transportation up to 100 miles. No Suboxone/buprenorphine. Works closely with Ideal Option.
- **Riverside Recovery Center** 3710 N Monroe St Spokane, WA | 509-328-5234
Treats all forms of substance abuse and addiction.
- **Spokane Addiction Recovery Centers (SPARC)** 1508 W 6th Ave Spokane, WA | 509-624-5228
SPARC receives public funding from contracts with BHO's throughout the State of Washington and from the Spokane County Regional BHO to assist low-income individuals with accessing their treatment needs.
- **Spokane Treatment and Recovery (STARS)** 312 W 8th Ave., Spokane, WA | 509-477-4631
Substance use disorder assessment, sobering & diversion services, withdrawal management.
- **Colonial Clinic** 910 N. Washington St., Suite 210 Spokane, WA | 509-327-9831
Colonial Clinic is an outpatient alcohol and drug treatment center in Spokane.
- **Pioneer Center East** 3400 W. Garland Ave. Spokane, WA | 509-325-2355
Pioneer Center East (PCE) is a 53-bed facility in Eastern Washington that provides semi-secure, intensive inpatient treatment for people who battle chronic substance use disorders.
- **American Behavior Health Systems (ABHS)** 12715 E. Mission Ave, Spokane | 509-232-5766
- **The Recovery Village Ridgefield** 888 Hillhurst Rd, Ridgefield, WA | 1-814-581-2994
- **The Healing Lodge** 5600 E. 8th Ave, Spokane Valley, WA | 509-533-6910
- **The Native Project** 1803 W. Maxwell Ave, Spokane, WA | 509-483-7535
- **Daybreak Youth Services** 628 S. Cowley Street, Spokane, WA | 509-624-3227
- **Isabella House** 2308 W. 3rd Ave., Spokane, WA | 509-624-1244
Women & children inpatient program

Substance & Alcohol Use Disorder Resources (cont.)

- **North Idaho Detox** 1654 E Velora Drive, Post Falls ID | 949-392-2716
5 bed Co-ed detox. At this time, they accept most private insurances and self-pay.
- **Kootenai Detox** 2003 Kootenai Health Way, Coeur d'Alene, ID | 208-625-4848
Accepts WA Medicaid/Apple Health for alcohol detox
- [Sequoia Detox](#) 10305 E Montgomery Dr, Spokane Valley, WA | 866-257-3130
- [Spokane Falls Recovery](#) 101 E Magnesium Rd, Spokane, WA | 844-962-2775
- **Spokane Regional Health District (Stab. Center)** 1101 W College Ave, Spokane | 509-503-6010
Detox
- [American Behavioral Health - Cozza Spokane](#) 44 E Cozza Dr Spokane | 509-232-5766
Inpatient. Required to be 24 hours sober - FEMALE

NA/AA MEETINGS

- Tuesday 8:00 PM **FOF Church** 706 W. Nora Ave, Spokane, WA
- Wednesday 12:00 PM **Our Club** 303 W. 2nd Ave, Spokane, WA
- Thursday 12:00 PM **Our Club** 303 W. 2nd Ave, Spokane, WA
- Thursday 7:30 PM **Mid-City Concerns** 1222 W. 2nd Ave, Spokane, WA
- Friday 12:00 PM **Our Club** 303 W. 2nd Ave, Spokane, WA
- Saturday 10:00 AM **Peaceful Valley Community Center** 214 N. Cedar St, Spokane, WA
- Saturday 12:00 PM **Our Club** 303 W. 2nd Ave, Spokane, WA
- Saturday 8:00 PM **Alano Club** 1700 W. 7th Ave, Spokane, WA
- Sunday 12:00 pm **Our Club** 303 W. 2nd Ave, Spokane, WA
- Sunday 7:00 pm **Mid-City Concerns** 1222 W. 2nd Ave, Spokane, WA

Medical Services and Behavioral Health

- **Excelsior** 3754 W. Indian Trail Road Spokane, WA | 509-328-7041
Provides a holistic approach to wellness. Telehealth available.
- **Gateway Counseling** 140 S. Arthur St Ste 665, Spokane, WA | 509-532-8855
- **Frontier Behavioral Health** 5901 N Lidgerwood St #115, Spokane, WA | 509-838-4651
- **Charmed Counseling** 400 S. Jefferson St. Suite 200D, Spokane, WA | 509-768-6852
Joeleen Wilkinson LICSW, MAC, CDP
- **A Drug Free America** 11616 E. Montgomery Dr., Spokane, WA | 509-921-2730
- **Harmony Grove Counseling** 9203 E. Trent Ave, Spokane, WA 509-926-3361
- **Special Mobility Services for Spokane County** | 509-534-9760
- **WA State Health Care Authority** | 1-800-562-3022
- **House of Charity** 32 W. Pacific Ave, Spokane, WA | 509-624-7821
Men's services, overflow women's services, medical clinic
- **Consistent Care** helps people with various services, assigns a caseworker. Speak to Ideal Option's Stephanie Datig, the hub & spoke coordinator to get connected.
- [CHAS](#) Multiple Locations, Spokane, WA | 509-444-8200
Primary Care Provider

Medical Services and Behavioral Health (cont.)

- [Spokane Teaching Health Clinic](#) 624 E Front AVE Spokane WA | 509-626-9900
Primary Care Provider
- [New Health](#) 5952 Blackstone Way Nine Mile Falls, WA | 509-935-6004
Primary Care Provider
- [Rockwood](#) 1215 North McDonald Rd, Suite 101, Spokane Valley, WA | 509-598-7750
Primary Care Provider

Counseling

- [Ashford Counseling and Consultation](#) 1521 E. Illinois Ave. Ste. 201 | 509-270-4173
- [Cor Counseling and Wellness](#) 3 Locations - See Website | 509-242-7200
- [Tiffanie O'Rourke M.A., L.M.H.C.](#) 4407 North Division Street, Suite #603 | 509-584-3399
- [The Spokane Counselor](#) 9921 N Nevada Street, Suite #103 | 509-581-2690
- [Charmed Counseling](#) 2 Locations - See Website | 509-768-6852
- [Partners with Families](#) 106 W Mission Ave Spokane, WA | 509-473-4810
Counseling/Family Services
- [Family Essentials Counseling](#)
721 N Pines Rd Suite 102 Spokane Valley, WA | 509-892-1100
101 W. Cascade Way Suite 103 Spokane, WA | 509-413-2242
1101 N Argonne Rd, Ste 214 Spokane, WA | 509-957-2027
- [Passages](#) 1700 S Assembly St Suite 300 Spokane, WA | 509-892-9241
- [Beyond Behavioral Health](#) 104 S. Freya Street Suite Green 210, Spokane, WA
509-368-9863 or 509-587-1575
- [Trauma Informed Therapies](#) 222 W Mission Ave Suite 122 Spokane, WA | 509-855-4439
- [Wellness Encompassed](#) 8817 E Mission Ave # 106, Spokane Valley, WA | 509-844-5947
- [Gateway](#) 140 S. Arthur Street, Suite 400, Spokane WA | 509-532-8855
- [Providence RISE Program](#) 235 E Rowan Ave Suite 107, Spokane, WA | 509-252-6446

Food Banks

- [Salvation Army Food Bank](#) 204 E. Indiana Ave., Spokane, WA | 509-325-6821
Walk in Hours Monday 9:00am to 4:15pm. Tuesday 9:00am to 5:45pm.
Wednesday 10:00am to 4:15pm. Thursday 9:00am to 5:45pm. Friday 9:00am to 4:15pm.
- [Serve Spokane](#) 8303 N. Division Spokane, WA 99208 | 509-998-5722
Food bank hours: Tuesdays 1-2:30 pm, Thursdays 1-2:30, 2nd and 4th Saturdays 9-11:30 am
- [Our Place Food Bank](#) 1509 W. College Ave., Spokane, WA | 509-326-7267
Neighborhood residents may receive food every 30 days and perishables bi-weekly.

Food Banks (cont.)

- **City Gate Food Pantry** 170 S. Madison Ave, Spokane, WA | 509-455-9670
Able to serve our clients who live in the 99201 (south of the river), 99204 and parts of 99224 every 30 days with 35lbs of food for single dwellers. Open Tue-Fri, 10am-noon & 12:30-3:00pm. We also provide free meals, clothing, hygiene products, blankets and more.
- **Spokane Valley Partners Food Bank** 10814 E. Broadway, Spokane Valley, WA | 509-928-7769
Serves 99012; 99015; 99016; 99018; 99023; 99030; 99033; 99036; 99037; 99039; 99206; 99212; 99213; 99214; 99216. If you need emergency food, please visit this location during business hours and we can help. Pantry hours: Wed: 11 am-4 pm; walk-ins; Thurs: 11 am-1 pm; by appt. only
- **Valley Food Bank** Spokane, WA 99206 | 509-927-1153
FOOD BANK HOURS OF OPERATION
Wednesday 11:00am - 1:00pm & 1:30pm - 3:45pm
NUMBERS for Admission on WEDNESDAY Provided
In-Person at 8:00am - 1st Come 1st Served
Thursday - 11:00am - 1:00pm by Appointment ONLY
for SENIORS & HANDICAPPED ONLY
- **Spokane Food Bank - Second Harvest Food Bank** Spokane, WA | 509-534-6678

Housing Services

- **Catholic Charities** 909 E. Trent Ave., Spokane, WA | 509-991-9345
Provides counseling, food assistance, housing resources, immigration services and more.
- **Spokane Housing Authority** 55 W. Mission Ave. Spokane, WA 99201 | 509-328-2953
Housing support
- **St. Margaret's Shelter** 101 E. Hartson Ave., Spokane, WA | 509-624-9788
Emergency & transitional housing, family support, stabilization services, and community partnerships.
- **Hope House** 111 W Third Ave, Spokane, WA | 509-455-2886
Emergency shelter with on-site permanent housing for adult women.
- **The Marilee** 201 E 2nd Ave, Spokane, WA | 509-624-2378 ext. 104
Permanent apartments with support services for chronically homeless adults
- **Hope Housing** 525 W 2nd Ave, Spokane, WA | 509-328-4685
Permanent, supportive housing for chronically homeless, disabled adults
Hours: Mon 12-4pm, Tues-Fri 8:30am-4pm
- **YFA Connections** 22 S. Thor St. Spokane, WA | 509-532-2000
Temporary shelter, counseling, family in conflict or crisis
- **Union Gospel Mission** 1224 E Trent Ave, Spokane, WA | 509-535-8510
Emergency Shelter, Recovery program, on-site free clinic, Day room
- **REVIVE** 901 N Monroe St #200 Spokane, WA | 509-413-2950
Assists with housing and employment

General Resources

- [Resource Center of Spokane](#) 130 S. Arthur St 2nd Floor Spokane, WA | 509-867-8188
Walk in service to provide multiple resources. Works with SNAP, Compass, Catholic Charities, Spokane Housing Authority. Helps with job assistance. Grants for rental assistance. Clothing. Helps create Resumes.
- [Community-Minded Enterprises](#) 2001 N Division St Ste 130, Spokane, WA | 509-960-8529
Helps with childcare, family support, recovery support, advocacy
- [Community-Minded Enterprises – Assessments](#) 622 E 2nd Ave Spokane, WA | 509-960-8529
SUD Assessments
- **ADEPT** 1321 N Ash St, Spokane, WA | 509-327-3120
IOP. Offers SUD assessments. Assessments are only able to be scheduled in person.
- **Riverside** 3710 North Monroe Street Spokane, WA | 509-328-5234
IOP. Offers SUD assessments. Can call to schedule. Can do walk in on Friday (First come first serve) at 1pm. Recommend 1/2 early to get scheduled. Bring ID, Insurance, and complete paperwork before.
- [S.O.N.G.](#) Spokane, WA
Search engine for Spokane-area resources

HOTLINE NUMBERS

<ul style="list-style-type: none"> • Adolescent Suicide Hotline 800-621-4000 • Adolescent Crisis Intervention & Counseling Neline 1-800-999-9999 • AIDS National Hotline 1-800-342-2437 • CHADD-Children & Adults with Attention Deficit/Hyperactivity Disorder 1-800-233-4050 • Child Abuse Hotline 800-4-A-CHILD • Cocaine Help Line 1-800-COCAINE (1-800-262-2463) • Domestic Violence Hotline 800-799-7233 • Domestic Violence Hotline/Child Abuse 1-800-4-A-CHILD (800 422 4453) • Drug & Alcohol Treatment Hotline 800-662-HELP • Ecstasy Addiction 1-800-468-6933 • Eating Disorders Center 1-888-236-1188 • Family Violence Prevention Center 1-800-313-1310 • Gay & Lesbian National Hotline 1-888-THE-GLNH (1-888-843-4564) • Gay & Lesbian Trevor Helpline Suicide Prevention 1-800-850-8078 • Healing Woman Foundation (Abuse) 1-800-477-4111 • Help Finding a Therapist 1-800-THERAPIST (1-800-843-7274) • Incest Awareness Foundation 1-888 -547-3222 • Learning Disabilities - (National Center For) 1-888-575-7373 	<ul style="list-style-type: none"> • Missing & Exploited Children Hotline 1-800-843-5678 • National Alliance on Mental Illness (NAMI) 1-800-950-NAMI (6264) • Panic Disorder Information Hotline 800- 64-PANIC • Post Abortion Trauma 1-800-593-2273 • Project Inform HIV/AIDS Treatment Hotline 800-822-7422 • Rape (People Against Rape) 1-800-877-7252 • Rape, Abuse, Incest, National Network (RAINN) 1-800-656-HOPE (1-800-656-4673) • Runaway Hotline 800-621-4000 • Self-Injury (Information only) (NOT a crisis line. Info and referrals only) 1-800-DONT CUT (1-800-366-8288) • Sexual Assault Hotline 1-800-656-4673 • Sexual Abuse - Stop It Now! 1-888-PREVENT • STD Hotline 1-800-227-8922 • Suicide Prevention Lifeline 1-800-273-TALK • Suicide & Crisis Hotline 1-800-999-9999 • Suicide Prevention - The Trevor Helpline (Specializing in gay and lesbian youth suicide prevention). 1-800-850-8078 • IMAlive-online crisis chat • Teen Helpline 1-800-400-0900 • Victim Center 1-800-FYI-CALL (1-800-394-2255) • Youth Crisis Hotline 800-HIT-HOME
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