

## Local Mental Health and Crisis Resources

### **Odessa Clinic**

Behavioral Health Services: James DeDeaux

Phone: 982-2614

Email: DedeauJ@omhc.org

### **Lincoln County Residents**

#### **NEW Alliance Counseling Services**

Located in Davenport

Office Phone: 1-888-725-3001

After Hours Emergency: 1-888-380-6823

### **Rural Resources**

Location: Davenport

Phone: 509-215-1419

Services Offered: Basic Food Out Reach, State Health Insurance Benefits Advisors, Victims of Crime, Sexual Assault, Domestic Violence, Housing and Essential Needs, and MORE!

Lincoln County Community Resource Guide:

<https://ruralresources.org/wp-content/uploads/2020/01/LINCOLN-COUNTY-RESOURCE-GUIDE-1.pdf>

### **Adams County Residents**

#### **Adams County Integrated Health Care Services**

Locations: Main office in Othello and office in Ritzville

Ritzville Office Phone: 1-509-659-4357

After Hours Emergency for Ritzville/Lind Area: 1-509-659-4357

### **Grant Country Residents**

#### **Grant Mental Healthcare**

6 Locations: Moses Lake main office

Moses Lake Office Phone: 1-509-765-9239

24 hour crisis line: 1-800-852-2

## **National Mental Health and Crisis Resources**

### **TeenLink**

Confidential and anonymous helpline for teens

Talk with teens who are trained to listen to whatever is on your mind.

Open every evening from 6pm-10pm

1-866-teenlink (1-866-833-6546)

### **The Trevor Project**

LGBTQ Focus

[www.thetrevorproject.org](http://www.thetrevorproject.org)

24/7 crisis line: 1-866-488-7386

### **National Suicide Prevention Lifeline**

24/7 free and confidential support

Phone: 1-800-273-8255

Text: START to 741741

<https://suicidepreventionlifeline.org>