

Community Mental Health Resources



IF YOU OR A FRIEND HAVE THOUGHTS OF SUICIDE OR HARMING YOURSELF OR SOMEONE ELSE:

- Call 911 or
- Go to the Emergency Department at Providence St. Peter Hospital
413 Lilly Road NE, Lacey WA 98506 or
- Call the **CRISIS CLINIC** at 360.586.2800.
This is a free, anonymous, 24hr crisis line staffed by trained volunteers who can talk with callers and assist in identifying resources in the community.
- Call the **National Suicide Prevention Lifeline 1-800-273-8255**
24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones.

IF YOU OR A FRIEND IS HAVING A MENTAL HEALTH CRISIS:

- Call your psychiatrist or therapist.
- Call the Crisis Clinic at 360.586.2800
- Call Crisis Resolution Services:
360.754.1338
County Designated Mental Health Providers (CDMHP) provide emergency mental health crisis evaluations and interventions, 24 hours a day, 7 days a week.



THE OLYMPIA FREE CLINIC

• MEDICAL CARE • MENTAL HEALTH SERVICES • SPECIALTY CLINICS •

MENTAL HEALTH RESOURCES

While we do have a very limited number of walk-in appointments available each Monday and Wednesday evening, we strongly recommend that you **call (360) 890-4074 x 3 to make an appointment** ahead of time.

To access mental health services, you will first need to complete an **intake interview**, which we conduct by phone, or on **Monday or Wednesday evenings** during clinic. The intake helps determine whether we will be a good fit for you, and helps us connect you to the appropriate therapist for your needs.

Our program consists of four 50-minute therapy sessions, which are scheduled on Monday or Wednesday evenings. Sessions are provided by licensed mental health professionals, including LMHCs, LMFTs and LICSWs, and we do our best to schedule you with the same therapist for all four sessions. When appropriate, we may refer you to be seen by a medical provider and/or psychiatric ARNP to discuss medication options.

We understand that you might require longer-term mental health services. If this is the case, we will help connect you to appropriate community resources while you are being seen by our providers.



Call SafePlace's **24-Hour HelpLine** for information, safety planning and support: **360.754.6300**

For questions about appointments, donations, or business hours call our **Business Office**: 360-786-8754

Our four core 24/7 crisis support services are:

- Confidential emergency shelter for survivors of domestic violence and assistance with basic needs (transportation, food, clothing, personal items)
- Telephone Helpline to connect individuals with resources to meet crisis needs (**HelpLine: 360.754.6300**)
- Sexual assault in-person response – hospital accompaniment from staff with support during a sexual assault exam and tailored individual advocacy
- Prison sexual assault response

We also provide:

- Community training
- 48 hours of Advocate Core Training, offered three times per year
- SPEAK (SafePlace Peer Education Action Knowledge) for youth
- Custom-designed training for workplace and community groups
- SafeHome housing program

Community Services:

- Survivor support groups, with onsite childcare available
- Legal advocacy, with limited childcare available
- Walk-in services at our Community Service Center
- Legal clinics, twice per month at our Community Service Center

Education, Prevention & Outreach:

- School 'Healthy Relationships' presentations
- Outreach
- Prevention

Partnerships with community-based organizations

Walk-in advocacy for people in need of sexual and/or domestic violence support services is available at the **Community Service Center** on Tuesdays and Wednesdays from 1:00 to 3:00PM. No appointment is needed.

The Community Service Center is located at 521 Legion Way SE, Olympia, Washington on the corner of Legion and Cherry.

PSYCHIATRISTS

Edward Case, MD

360.529.3817

4460 Pacific Avenue Southeast
Suite A

Lacey, Washington 98503

John Haws, MD

360.480.6956

2118 Catan Way SW
Olympia, WA 98502

Julia Lin, MD

360.754.4539

2100 Caton Way SW
Olympia, WA 98502

Linda Miller, DO

360.701.1715

3000 Limited Ln. NW, Suite 135
Olympia, WA 98502

David Penner, MD

360.539.1736

www.davepennermd.com

324 West Bay Dr. NW, #214
Olympia, WA 98502



ADHD/ADD TESTING & ASSESSMENT

Kristine Harrison, Psy.D.

360.791.4042

203 4th Ave. E; Suite 320
Olympia, WA. 98501

CLINICS PROVIDING PSYCHIATRIC SERVICES

Behavioral Health Resources

360.704.7170

3857 Martin Way E.
Olympia, WA 98506

To qualify: You must be receiving state insurance (Apple Health.)

Process: Intakes are done on a walk-in basis only.

Greater Lakes Mental Health Care: Access Center

253.581.7020 24 Hour Crisis Line: 800.576.7764

9330 59th Ave. SW

Lakewood, WA 98499

To qualify: You must be a resident of Pierce County and receiving state insurance (Apple Health.)

Process: Call to schedule an intake appointment—ask for the Access Center.

Providence St. Peter Outpatient Psychiatry Clinic

360.493.7060

413 Lilly Rd. NE

Olympia, WA

To qualify: You must be self-pay or have private insurance (does not accept Apple Health.)

Process: Call to ask the receptionist if the clinic is accepting new patients

SeaMar Tumwater Behavioral Health Clinic

360.704.7590

6334 Littlerock Rd. SW

Tumwater, WA 98512

To qualify: Must live in Thurston County. Accepts WA State insurance; sliding scale fees for uninsured.

Process: Arrive between 8 - 8:15 am, Mon - Thurs, for first time intake, expect to be there until Noon.

South Sound Behavioral Hospital

844.949.8888 FREE Assessments 24/7

southsoundbehavioralhospital.com

605 Woodland Square Loop SE

Lacey, WA 98503

Provides specialized, evidence-based treatment for adults.

Inpatient, day hospital and intensive outpatient programs are provided for

behavioral health and addiction treatment.

PSYCHIATRIC NURSE PRACTITIONERS

Lynne Dearing, ARNP

360.570.1161

1211 4th Ave E, Suite 200
Olympia, WA 98506-4279

Maribeth Flood, ARNP

360.357.9200

2217 Capitol Way S.
Olympia, WA 98501

Felicia Hanig, ARNP

360.451.1841

1603 Cooper Pt. Rd. NW
Olympia, WA 98502

Amy Heckler, ARNP, PhD

360.972.7855

Heckler Integrative Psychiatric Care
2727 Westmoor Ct, SW; Suite #100
Olympia, WA 98502

Molly Henderson, ARNP

360.791.5933

1005 Olympia Ave NE
Olympia, WA 98506-4033

Linda Kellams-Keith, ARNP

360.709.3332

724 Columbia St. NW
Olympia, WA 98502

Sarah Magnuson-Whyte, ARNP

360.285.3400

1600 Olympic Hwy. N
Shelton, WA 98584-3052

Laura Wagner, ARNP

360.515.0342

1700 Cooper Point Rd. SW
Building C4
Olympia, WA 98502

Aimee Wagonblast, ARNP

360.819.4429

1107 West Bay Dr. NW
Olympia, WA 98502

EATING DISORDERS

The Emily Program

866.673.8652

emilyprogram.com

673 Woodland Square Loop SE, Suite 330

Lacey, WA 98503

Residential, Day and Outpatient treatment. Individuals are unique and intuitively seek meaning, value, and creativity in life. Effective treatment requires an awareness of the genetic, biological, psychological, social, and cultural impacts on each person.



MENTAL HEALTH COUNSELORS

Behavioral Health Resources

See listing under "*Clinics Providing Psychiatric Services*"

Pathways Mental Health Services

360-799-5782

4804 - A Lacey Blvd SE; Lacey WA 98503

www.pathwaysmhs.org

Psychology Today

<https://www.psychologytoday.com/us/therapists/wa/olympia>

Find information on almost 200 therapists including their therapeutic style, specialties, accepted insurance, address and contact numbers.

SeaMar Tumwater Behavioral Health Clinic

See listing under "*Clinics Providing Psychiatric Services*"

Southwest Washington Association of Behavioral Health at:
therapynext.com or 360-493-7060

Information about each member's therapeutic style and specialties; accepted insurance; address; and contact numbers.

Washington State Psychological Association

1.800.275.9772

wapsych.org scroll down to "Find a Psychologist"

PRIMARY CARE CLINICS often manage mental health conditions and medication management. Check the "After Hours Medical Care and Community Referrals" handout for some local options.

MENTAL HEALTH APPS

TAO is an interactive, dynamic, easy-to-access online program that provides support for anxiety, depression, and other common concerns. As a TAO participant, you have the opportunity to watch short videos, complete skill-building exercises, and build resiliency and coping skills.

TAO Self Help is **free** if you access it via:

<https://www.evergreen.edu/health>.

Scroll down and click on the TAO link.

ACT Coach - free Acceptance and Commitment Therapy (ACT) app that includes concepts, exercises, and tracking.

Booster Buddy - free, game-like, behavioral activation focused wellness app.

Calm App - guided meditation and breathing exercises, as well as sleep stories to help you fall asleep. Basic app is free.

Daylio - free mood tracking app

Headspace - free mindfulness and meditation app.

My3 - free, mental health safety planning app where you define your network and tools for staying safe.

Pacifica - Cognitive Behavioral Therapy (CBT) based app for anxiety, stress and depression; free with in-app purchases.

Stop, Breath and Think - free intro of 10, 10-minute sessions of meditation.



**THE EVERGREEN STATE
COLLEGE**

Student Wellness Services

Seminar 1 – 2100

360-867-6200

www.evergreen.edu/health