Community Mental Health Resources

IF YOU OR A FRIEND HAS 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 LINE 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.

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 for Thurston, Mason and Lewis counties.

MENTAL HEALTH COUNSELORS:

Consult the Resource Book located in Student Wellness Services. Includes information about local providers, their areas of expertise, location and payment options.

Southwest Washington Association of Behavioral Health at swabh.org has information about each member’s therapeutic style and specialties; accepted insurance; address; and contact numbers.

Pathways Mental Health Services 360-799-5782 4804 Lacey Blvd SE; Lacey WA www.pathwaysmhs.org

Washington State Psychological Association 1.800.275.9772 (wapsych.org) can refer you to a member.

Psychology Today at psychologytoday.com under “Find a Referral.”

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. Please have your medical coupon available.

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.
### PSYCHIATRISTS

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<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Dr. Edward Case, MD</td>
<td>360.915.3222</td>
<td>200 Lilly Rd. NE, Suite B3, Olympia, WA 98506</td>
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<tr>
<td>Dr. David Penner, MD</td>
<td>360.539.1736</td>
<td>1800 Cooper Point Road SW, Suite 14, Olympia, WA 98502</td>
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<tr>
<td>Dr. Linda Miller, DO</td>
<td>360.867.9367</td>
<td>3000 Limited Lane NW, Suite 135, Olympia, WA 98502</td>
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<tr>
<td>Dr. Rita Sharangpani, MD</td>
<td>360.705.3690</td>
<td>2629 Parkmont Ln. SW, #102, Olympia, WA 98502</td>
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<tr>
<td>Dr. Janet Nunn, MD</td>
<td>360.956.3212</td>
<td>4160 6th Ave. SE, Lacey, WA 98503</td>
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<tr>
<td>Dr. Jennifer Shannon, MD</td>
<td>360.455.4571</td>
<td>2118 Caton Way NW, Olympia, WA 98502</td>
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<tr>
<td>John Haws, MD</td>
<td>360.480.6956</td>
<td>2118 Caton Way SW, Olympia, WA 98502</td>
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<tr>
<td>Dr. Julia Lin, MD</td>
<td>360.754.4539</td>
<td>2100 Caton Way SW, Olympia, WA 98502</td>
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### PSYCHIATRIC NURSE PRACTITIONERS

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<tr>
<th>Name</th>
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<tr>
<td>Lynne Dearing, ARNP</td>
<td>360.570.1161</td>
<td>1211 4th Ave E, Suite 200, Olympia, WA 98506</td>
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<tr>
<td>Jeff Tebs, ARNP</td>
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<tr>
<td>Maribeth Flood, ARNP</td>
<td>360.357.9200</td>
<td>2217 Capitol Way S, Olympia, WA 98501</td>
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<tr>
<td>Felicia Hanig, ARNP</td>
<td>360.451.1841</td>
<td>1603 Cooper Pt. Rd. NW, Olympia, WA 98502</td>
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<tr>
<td>Sarah Magnuson-Whyte, ARNP</td>
<td>360.285.3400</td>
<td>924 7th Avenue SE, Olympia, WA 98501</td>
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<tr>
<td>Marne Nelson, ARNP</td>
<td>360.791.1040</td>
<td>147 Rogers St. NW, Olympia, WA 98502</td>
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<tr>
<td>Molly Henderson, ARNP</td>
<td>360.791.5933</td>
<td>1005 Olympia Ave, Olympia, WA 98501</td>
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<tr>
<td>Laura Wagner, ARNP</td>
<td>360.515.0342</td>
<td>925 Trosper Rd SW, Tumwater, WA 98512</td>
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<tr>
<td>Aimee Wagonblast, ARNP</td>
<td>360.866.7406</td>
<td>2100 Caton Way SW, Olympia, WA 98502</td>
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### PRIMARY CARE CLINICS

Listed on the “After Hours Medical Care and Community Referrals” handout often manage mental health conditions and medication management. These may be a more accessible option.
TESTING/ASSESSMENT OF ADD/ADHD IN OLYMPIA

Kristine Harrison, Psy.D.
360.791.4042
2620 R W Johnson Blvd Suite 204
Olympia, WA. 98502

OTHER COMMUNITY RESOURCES

Safeplace
360.754.6300 (24 hr. crisis phone line)
314 Legion Way S.E., Olympia, WA.
Provides confidential shelter to survivors of domestic violence and their children. They also provide individual referrals to counselors in the community with specialties in areas of domestic violence and sexual assault. Free legal services are also available for survivors of domestic violence.
Walk in hours: Tuesdays and Wednesdays with advocates available 10 am -12 pm and 1 pm - 3 pm
Business hours: Monday – Thursday 9am-12, 1pm-5pm
There is no cost for services

Safeplace offers several groups:
* Domestic Violence group: Check for support groups or individual support.
* Sexual assault support group: 12-week sessions / closed group during that time.
* Trans group: Available when interest is sufficient.
* Queer group: Available when interest is sufficient

Mental Health Access Program (MHAP)
http://walkthurston.net/resource/mental-health
108 State Ave NW, Olympia WA. 2nd floor
Provides Brief Intervention Therapy for uninsured or underinsured with no mental health benefits. MHAP will provide up to 12 sessions free to the clients who are troubled by anxiety or depressed mood and who might be successful with a brief intervention model. Often MHAP serves as a bridge to accessing services on a long-term basis. MHAP is staffed by volunteers and does NOT diagnose, prescribe or dispense medications.
Hours: Wednesday evenings 5:30-8:30 pm.

WEB RESOURCES

halfofus.com MTV site providing mental health information, stories and links
ulifeline.org Mental health resource site for college students
tinybuddha.com Resource for application of mindfulness techniques
eftuniverse.com Tutorial on the basics of the emotional freedom technique
echug and etoke Online, personalized information about how drugs and alcohol affect your life; accessible through the Evergreen State College Student Wellness Services website
addresources.org Information and resources about Attention Deficit Disorder
How to Access Your Mental Health Insurance Benefits

How do I know if I have mental health benefits with my insurance?

- Check your insurance card, often the card will show whether or not mental health is covered. There will be a phone number and/or a website listed to verify your benefits.
- If possible, ask your parents. They may be helpful in explaining your insurance benefits.

How do I get referrals to local mental health counselors who will accept my insurance?

- Check your insurance provider website for a list of “preferred providers” in your area. A preferred provider is one who has contracted with your insurance company to reduce out of pocket cost.
- Contact your insurance company and ask them to email, fax, or mail you a list of preferred providers located near you. Areas are usually identified by zip code.
- Student Wellness Services has a referral book of local counselors. The listings indicate areas of specialty, contact information, and accepted insurance.
- TESC counselors may be available to help you identify and/or make an appointment with an appropriate counselor in the community.

How do I know how to pick the best counselor for me?

- It is best to meet and talk with a counselor to determine whether you will be comfortable working with them. This may take more than one session. Many counselors will agree to meet briefly at no cost so you can decide if you want to schedule a therapy session.
- If you feel it’s not a good connection, you can find another counselor. Counselors are aware this may occur, and it’s okay when it does.
- If the counselor you call is not accepting new clients, ask them for additional referrals for counselors they might know, who will accept your insurance.

REMEMBER: It is likely the counselor you call will be in a session and you will have to leave a message for them. Be sure to include:

- Your full name
- Your phone number and if it’s okay to leave a message
- The best time to reach you
- Your specific interest in individual counseling … (e.g.: anxiety, depression, phobia, etc.)

Insurance Information Worksheet

Name of Insurance Company: ____________________________________________

Name of Insured (Policy Holder): __________________________________________

Employer of the Insured: ___________________________ Relation to insured: ___________________________

Policy Number: ___________________________ Group Number: ___________________________

Customer Service Phone: ___________________________ Web Address: ___________________________