



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

Dr. Edward Case, MD
360.915.3222
200 Lilly Rd. NE, Suite B3
Olympia, WA 98506

Dr. Linda Miller, DO
360.867.9367
3000 Limited Lane NW, Suite 135
Olympia, WA 98502

Dr. Janet Nunn, MD
360.956.3212
4160 6th Ave. SE
Lacey, WA 98503

John Haws, MD
360.480.6956
2118 Caton Way SW
Olympia, WA 98502

Dr. David Penner, MD
360.539.1736
www.davepennermd.com
1800 Cooper Point Road SW, Suite 14
Olympia, WA 98502

Dr. Rita Sharangpani, MD
360.705.3690
2629 Parkmont Ln. SW, #102
Olympia, WA 98502

Dr. Jennifer Shannon, MD
360.455.4571
2118 Caton Way NW
Olympia, WA 98502

Dr. Julia Lin, MD
360.754.4539
2100 Caton Way SW
Olympia, WA 98502

PSYCHIATRIC NURSE PRACTITIONERS

Lynne Dearing, ARNP
Jeff Tebs, ARNP
360.570.1161
1211 4th Ave E, Suite 200
Olympia, WA 98506

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

Molly Henderson, ARNP
360.791.5933
1005 Olympia Ave
Olympia, WA 98501

Aimee Wagonblast, ARNP
360.866.7406
2100 Caton Way SW
Olympia, WA 98502

Linda Kellams, ARNP
360.709.3332
2114 Caton Way SW Suite 201
Olympia, WA 98502

Sarah Magnuson-Whyte, ARNP
360.285.3400
924 7th Avenue SE
Olympia, WA 98501

Marne Nelson, ARNP
360.791.1040
147 Rogers St. NW
Olympia, WA 98502

Laura Wagner, ARNP
360.515.0342
925 Trosper Rd SW
Tumwater, WA 98512

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 5:30-8:30pm.

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: _____