

OFF-CAMPUS MENTAL HEALTH RESOURCES



Health and
Counseling Services

Gonzaga health and counseling services does not contract with or endorse outside listed agencies; this resource list is offered as an informational guide for the Gonzaga Community.

24/7 Resources:

**National Suicide and
Crisis Lifeline:
Call or Text 998**

**GU Campus Security:
(509) 313 - 2222**

**24/7 Regional
Behavioral Health
Crisis Line:
1.877.266.1818
(Toll free number)**

For more options, try the Psychology Today Therapist Finder, where you can identify Mental Health Professionals based on location, insurance, language, concern, and many other factors:

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

Gonzaga is Partnered with BetterMynd!

Call anytime - 24/7/365. Connect with a licensed counselor for immediate support, emotional guidance, or crisis care.

**844-BTR-MYND
(844-287-6963)**

www.gonzaga.edu/healthandcounseling

P: 509 - 313 - 4052 | F: 509 - 313 - 5516

**Gonzaga Health &
Counseling Services
Division of Student Affairs**

ADHD AND OTHER PSYCHOLOGICAL ASSESSMENT CENTERS

Christine R. Guzzardo PhD
1717 W 6th Ave Suite 2
P: 509.456.3600
F: 509.381.3171
www.nnispokane.com

Winston Center for Attention, Language, and Learning
528 E Spokane Falls Blvd Suite 502/116
P: 509.465.1252
F: 509.465.1235
www.winstoncenter.com

Briar Rose Center
(Sliding scale for noninsured)
*personality assessment
11802 E Mansfield Ave, Suite 1
P: 509.473.9157
F: 509.327.9857
www.briarosecenter.com

Substance Abuse Treatment

Breakthrough Recovery Group
910 N Washington St, Suite 210
P: 509.327.9831
F: 509.327.9857
www.btrgspokane.com

Other Options

Dr. David Bot, MD
201 W North River Dr, Suite 520
509.381.5196

Integrative Psychiatry and Psychology
Tele-Medicine Only - 509.458.5889
www.integrativepp.com

Northwest Counseling Center
(EDMR/Neurofeedback Trauma Therapy)
422 W Riverside Ave, Suite 518
www.therapyspokane.com

MultiCare Rockwood Clinic Healthy Behavior & Function Clinic (Addiction)
Deaconess Medical Office Building
400 E 5th Ave - 509.342.3304
(Rockwood patients only)

Kaiser Permanente Behavioral Health Services
322 W North River Dr - 509.324.6464
www.kaiserpermanente.org

RB Counseling (Addiction)
In person and Telehealth
222 W Mission Ave, Suite 232 - 509.402.156
www.rbcounseling.com

Creative Awakening Counseling
20 W Main Ave, Suite 200 - 509.703.4022
www.cacounselingservices.com

Frontier Behavioral Health
Multiple locations - 509.838.4651
www.fbhwa.org

Lutheran Community Services
210 W Sprague Ave - 509.838.4651
509.624.7273 (*24hr crisis line call or text)
www.lcsnw.org

Community Behavioral Health Services
1960 N Holy Names Court, 3rd Flr.
509.242.2308
www.cceasternwa.org/counseling

Jens Uhder, PsyD
707 W 7th Ave, Suite 200 - 509.730.221
www.jensuhder.com

The Emily Program
(Eating Disorders)
2020 E 29th Ave, Suite 200 - 866.405.4282
www.emilyprogram.com

Angela Pham
(Eating Disorders)
400 S Jefferson St, Suite 451 - 206.245.9543
www.angelaphamcoaching.com

Spokane Psychology and Neuropsychology
Summit Medical Center
546 N Jefferson st, suite 302
509.838.7400
www.spokanepsychologyandneuropsychology.com

Korrin Fotheringham
Northwood Nutrition, LLC
(Dietician, Nutritional Counseling)
1325 W 1st Ave, Suite 228 - 509.818.3895
www.northwoodnutrition.com

Heart to Heart Counseling
(Marriage Counseling)
*Sliding scale for noninsured - 1303 W Maxwell Ave - 509.747.7147
www.hearttoheartcounseling.com

COR Counseling and Wellness
Multiple Locations - 509.242.7200
www.corspokane.com

Spokane Teaching Health Clinic
624 E Front Ave - 509.626.9900
www.spokaneteachinghealth.org

Discovery Counseling (Takes Medicaid)
1008 N Washington St - 509.413.1193
www.discovery-counseling.org

Center for Solace
407 E 2nd Ave, Suite 250
www.centerforsolace.com

Be Seen Counseling
9 S Washington St, Suite 310 - 509.228.3731
www.beseencounseling.com

Juniper NW Counseling
222 West Mission Ave - 509.646.2509
www.juniperwcounseling.com

Wellness Encompassed
8817 E Mission Ave, Suite 106
509.844.5947

Safe Haven Counseling
624 W Hastings Rd - 509.821.0937
www.safehavencounselingspokane.com

Charmed Counseling
400 S Jefferson St, Suite 200 - 509.768.6852
www.charmedcounseling.com

Protea Wellness
(Specialized in working with LGBTGIA+ and diversity)
Based in Seattle, offers telehealth
www.proteawellness.org

Vicky Wesslen
(Spanish Speaking)
707 W 7th Ave, Suite 150 - 509.385.0921

Wenhui Eunice Huang
(Mandarin-Speaking)
Offers telehealth - 509.397.7561

NW Perspectives Counseling, PLLC
323 E 2nd Ave, Suite 101
In person & Telehealth - 509.255.3080
<https://www.psychologytoday.com/us/therapists/alya-mickey-spokane-wa/1430030>

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323 E 2nd Ave, Suite 101
In person & Telehealth - 509.255.3080
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Reclamation Therapy
Seattle-based - Telehealth services
206.317.4276
www.reclamationtherapyservices.com

Whitworth Marriage and Family Therapy Center
Tacoma Hall, 825 W. Hawthorne Road
509.777.3411
mftcenter@whitworth.edu

BetterMynd
Online therapy platform available 24/7/365
844.287.6963
www.bettermynd.com

Last updated October 2025