

Behavioral Health Services available in Covid-19

These are challenging times for everyone.

Here are some local resources available via telecommunications for extra support:

ORGANIZATION	SERVICES DURING COVID19
Skyline Medical Clinic	Kristoffer Lindstrom, LCSW Virtual appointments available for established patients. Brittney Wangelin, Behavioral Health Specialist Care coordination available for patients in need of available resources. Call: 509-637-2810
Comprehensive Health Care (Medicaid)	Phone or video telehealth for patients. Call for intake appointment 509-493-3400 and intake packet. M-F (<i>may be offering evening availability</i>) 24/7 CRISIS: 833-407-9286
NorthShore Medical Group	All payors (Medicare, Medicaid, and private insurance). Currently taking new patients. Evening appointments available. Phone or video appointments. Call 509-493-2133 to schedule.
Klickitat Valley Health (KVH) Family Medicine (Behavioral Health)	KVH provides outpatient-counseling services to patients who have a primary care provider (PCP) at our Family Medicine Clinic. Contact your KVH PCP or call 509-773-4017 to ask about KVH counseling services.
One Community Health (Hood River & The Dalles)	FREE phone or video telehealth for patients. Addressing stress, health behaviors, mental health, and substance abuse. New patients can establish care after counseling. Call or text “ #talk2020 ” to schedule at 541-386-6380 M-F 8-5:30
The Next Door	FREE Mental Health crisis line: 541-308-7110 M-F 9-5, available until June 1. Zoom & Teams video available.
Private Therapists in The Gorge	Website: therapyinthegorge.com Search by location and insurance. OR Ask for a list of therapists who are currently accepting new clients, and are offering telehealth services.

Tele-Psychiatry	In this time we encourage you to utilize your primary care physician for medication management.
Mt Adams Zen Buddhist Temple	Kozen Thay- available for support via telehealth.
Qi Gong Classes via Zoom	Donation basis-Tuesdays 5:30 pm Friday 10 am https://www.meetup.com/Blossoming-Lotus-Qi-Gong/
List of Local Churches	See attached Church Directory

Resources for Self-Help

ORGANIZATIONS	SERVICES DURING COVID19
Suicide Prevention Resource Center (SPRC)	Selection of web pages and information sheets on mental health and coping with the effects of COVID-19
Mental Health First Aid Blog	How to Help Someone with Anxiety or Depression During COVID-19
Shine	Care for your coronavirus anxiety
The Centers for Disease Control and Prevention (CDC)	Offers guidance to support mental health and well-being through the stress and anxiety caused by the COVID-19 outbreak.
Anxiety Canada	https://www.anxietycanada.com/covid-19/

Church Directory

"Check the print"



Bethel United Church of Christ
Inclusive
Welcoming
Peace & Justice

480 E. Jewett Blvd., White Salmon
(509) 493-1747
Rev. Laura Robinson
Worship & Sunday School
10 a.m.
Taize, 2nd Wed., 7 p.m.
www.bethelwhitesalmon.org

Welcome to WHITE SALMON UNITED METHODIST CHURCH
"Open Hearts, Open Minds, Open Doors"

341 N. Main Ave. 493-1306
Pastor Kendra Behn-Smith
Adult Sunday Morning Live begins 9 a.m.

Worship 10:30 a.m.
Children's Sunday School Child-care Provided

FIRST BAPTIST CHURCH
Corner Cherry & Stauben
Bingen

Pastor Patrick Tapia
509-493-2424

Prayer Service, Wednesday, 6 p.m.
Sunday School...9:45 a.m.
Morning Worship...11:00
Evening Worship...6 p.m.

Mt. Adams Baptist Church
Come as you are!

Sunday Worship: 11:45
Sunday School for all ages 9:30

2166 Hwy 141, Trout Lake
(509) 395-2029
mountadamsbaptistchurch.com

Baha'i Faith
Building Spiritual Community
Come Join Us!
call 1-800-228-6685
on See Us on meetup.com and Facebook
www.bahai.org

IMMANUEL LUTHERAN CHURCH
306 9th St., Hood River
541-385-3046
Adult Bible Class, 8:45 a.m.
Worship Service, 10 a.m.
Men's Bible Study/Sabbath Men, 8:30 a.m.
Ladies Bible Study Tues. 9:30 a.m.

Pastor Jeff Mueller
Immanuel@embapmail.com

HOUSE OF GRACE
114 W. Jefferson
Bingen

Sunday Service
10 a.m.

"Come experience the presence of God"
509-493-1145

Grace Baptist Church
Bringing Grace to the George
Worship Service
9 a.m.

Sunday School 10:45 a.m.
EFIC Youth 4:30-6:30 p.m.
Pastor Mark Hoelmer
1280 W. Jewett, White Salmon
509-493-2597

Please visit our website for events and further information
gracebaptists@grace-ws.org

St. Joseph Catholic Church
240 NW Washington
White Salmon

Masses:

- Saturday - 5 p.m. (English)
- Saturday - 7 p.m. (Spanish)
- Sunday - 9 a.m. (English)
- Sunday - 11 a.m. (Spanish)

Father Salomon Covarrubias
493-2828

To list your church in the directory, call **509-493-2112**

Unitarian Universalist
Room for Different Beliefs, Yours
10 a.m. Sunday Service
and Children's Program
Rev. Judy Zimmerman
4282 Barnett Drive, Hood River
(509) 493-2412
www.muuuf.org
We Are A Welcoming Congregation

OUR SAVIOR LUTHERAN
Bingen WA.
Sunday Worship...9:00 a.m.
Bible Study...Sun., 8 a.m.

493-2499
White Salmon Fincrest
Nazarene Church
10 a.m. Sunday Worship Service
6 p.m. Saturday Night
Spanish Worship Service
255 Blinn Village Dr., White Salmon
360-567-5454

Come join us for the Story

Mt. Adams Zen Buddhist Temple
Meditation, M-F,
6:30 a.m. & 6:30 p.m.
Saturday, 9 a.m.
46 Stoller Rd., Trout Lake
509-395-2030
www.mtadamszen.org
May all be well and happy,
may all know love and peace

HUSUM COMMUNITY CHURCH OF GOD
Sundays
Sunday School...9:30 a.m.
Worship...10:45 a.m.

Several Weekly Bible Studies
Call for information and locations

Church - **493-2724**
Pastor Tom Culp

Lyle Celebration Center
715 Washington St., Lyle
509-365-3971
Pastor Les Haarstad

Sunday School - 9:30 a.m.
Worship Service - 10:30 a.m.
Youth & Small Groups - 6 p.m.
Wednesday - 6:30 p.m.
Bible Study
Children's Ministries (K-5)

SEVENTH-DAY ADVENTIST CHURCH
Tahomah St., White Salmon
Sabbath School 9:30 a.m. (Saturday)
Worship Service 11:00 a.m.
Community Service Center open to needy on Tuesdays, 9:30 - 12:30
Pastor Ron Hart
(541) 815-4882