

COVID-19 Related-Workbook:

DePauw University Coronavirus Anxiety Workbook: <https://www.depauw.edu/files/resources/coronavirus-anxiety-workbook.pdf>

RESOURCES:

Health Department Resources: <https://cdhd.wa.gov/wp-content/uploads/Resource-Guide-ENG-1.pdf>

Wenatchee School District Resources:
<https://www.wenatcheeschools.org/thewellbeing/index>

Confluence Health Behavioral Health:
820 N. Chelan Ave., Wenatchee, WA 98801
<https://www.confluencehealth.org/services/behavioral-health-services/>
(509) 663-8711

CVCH Behavioral Health:
600 Orondo Ave., Wenatchee, WA
(509) 662-6000
<https://cvch.org/patients/services/behavioral-health-services/adult-behavioral-health>

Children's Home Society:
1014 Walla Walla Ave., Wenatchee, WA 98801
(509) 663-0034
<https://www.childrenshomesociety.org/home>

UVCares:
225 Prospect Street, Leavenworth, WA 98826
(509) 300-1113
info@yvcare.org
<https://uvcares.org/>

Center for Alcohol and Drug Treatment:
327 Okanogan Ave #2970, Wenatchee, WA 98801
(509) 662-9673
<https://cfadt.org/>

SAGE:
710 N Chelan Ave, Wenatchee, WA 98801
(509) 663-7446
<https://www.findsafety.org/>

Suicide Prevention Coalition of North Central Washington
www.spcncw.org
spcncw@gmail.com

National Center for Suicide Survivors:
Julie Rickard, PhD
(509) 881-4059
www.helpforsuicide.org
www.facebook.com/helpforsuicide
Moment by Moment Suicide Prevention
www.MbMSP.net
www.facebook.com/MbMSP

NAMI Chelan-Douglas:
(509) 663-8282
chelandouglasnami@gmail.com

HOUSING:

Catholic Charities:
145 S Worthen St, Wenatchee, WA 98801
(509) 662-6761
<https://catholiccharitiescw.org/>

Hospitality House (Clean & Sober Men's Shelter):
1450 S. Wenatchee Ave, Wenatchee, WA 98801
(509) 663-4289

Gospel House Shelter (Men, Women & Families):
810 S. Wenatchee Ave, Wenatchee WA 98801
(509) 664-6775

Grace House (Women & Children):
291 2nd St NE, East Wenatchee, WA 98802
(509) 888-4864

Community Action Council:
620 Lewis St, Wenatchee, WA 98801
(509) 662-6156

Upper Valley MEND
347 Division St, Leavenworth WA 98826
(509) 548-0408

Chelan Valley Hope:
417 S Bradley St, Chelan, WA 98816
(509) 888-2114

SUPPORT GROUPS:

NAMI Family-to-Family:

FREE 8-session course that helps families and loved ones understand mental illness, medications, behaviors, treatments, and how to advocate for care.

Upcoming Course: Virtual Family-to-Family

Dates: Tuesdays January 5th, 2021 6pm - 8pm - February 23rd

Email: chelandouglasnami@gmail.com

NAMI Peer-to-Peer:

FREE 8-session course for people with a mental illness who are interested in establishing and maintaining their wellness and recovery.

Email: chelandouglasnami@gmail.com

Alcoholics Anonymous:

Daily at 7 to 8 a.m.

Go by Zoom on Phone: <https://area92aa.org/meetings/attitude-adjustment-1/?tsml-day=any&tsml-district=district-05>

Daily at 7 to 8 p.m.

Zoom on Phone: <https://area92aa.org/meetings/daily-at-7-pm-1/?tsml-day=any&tsml-district=district-05>

Website: <https://area92aa.org/>

CRISIS LINES:

National Crisis Line: 800-273-8255

National Text Line: Text START to 741741

Chelan/Douglas Counties - 800.852.2923 or 509.662.7105

Yakima County - 509.575.4200

Kittitas County - 509.925.9861

Klickitat County - 800.572.8122

Grant County - 509.765.1717

Benton/Franklin Counties - 800.783.0544

National Suicide Prevention 24/7 Lifeline - 800.273.8255

National Sexual Assault Hotline - 800.656.4673

National Child Abuse Hotline - 800.422.4453

Crisis Text-Line - Text HELLO to 741741

Veterans Crisis Line - 800.273.8255

Trevor Project - 866.488.7386

WA211 Community Resource Line - 211

Washington Recovery HelpLine - 866.789.1511